

Prior Learning









I will have undertaken food for seven weeks in year 7, slowly developing skills towards GCSE food which is an option for students in year 10. I will develop knowledge of cooking skills from the year 7 base of basic knife skills and food hygiene, using a healthy eating project to make high quality products such as pizza, stir fry and burgers. There is also a more savoury multicultural look at food.

Scheme of Learning: [Year 8 Healthy eating Project](#)

Objectives:

KNOWLEDGE: We will understand why we need to eat healthy and the importance of understanding our food and the dietary impacts of not eating healthily.

SKILLS: I will develop a variety of technical cooking skills for multicultural dishes such as making a bread dough for pizza and hot flash pan frying for the stir fry.

Lesson	Tasks	Literacy	Homework	✓
1	<p>Class Discussion – What does the picture have to do with the lesson?</p> <p>PRACTICAL – STIR FRY - using the hob, high risk foods etc</p> <p>Evaluate: Self reflect – how could you improve next time?</p> <p>DESIGN I will design my pizza- sensory words</p>	<p>Healthy Eating High Risk Foods Cross Contamination</p>	<p>INGREDIENTS- Pizza Ingredients <i>Watch youtube video on how to make bread dough</i></p>	
2	<p>PRACTICAL- How to make PIZZA I will make the pizza I designed in my previous lesson;</p> <p>Evaluate: Self reflect – how could I improve next time?</p>	<p>Gluten Yeast</p>	<p>INGREDIENTS- MAC N CHEESE <i>Watch youtube video on how to make roux sauce</i></p>	
3	<p>PRACTICAL- How to make a Roux sauce for mac and cheese.</p> <p>Evaluate: Self reflect – how could I improve next time?</p> <p>THEORY – 8 Top tips for healthy eating</p>	<p>ROUX Bechamel</p>	<p>INGREDIENTS- Choice Spag Bol or Chilli pupil choice</p>	
4	<p>PRACTICAL-Spag Bol or Chilli Evaluate: Self reflect – how could you improve next time? AP1 Marking point</p> <p>THEORY -Healthy Eating – vitamins and minerals</p>	<p>Simmer Sauté</p>	<p>INGREDIENTS- Thai Green curry</p>	
5	<p>PRACTICAL- I will make a Thai green curry.</p> <p>Evaluate: Self reflect – how could I improve next time?</p> <p>DESIGN –</p>	<p>Multicultural food High Risk foods</p>	<p>INGREDIENTS- Shortbread <i>Watch youtube video on how to make shortbread and ideas on adapting</i></p>	
6	<p>PRACTICAL- I will make short bread, using the rubbing in method.</p> <p>Evaluate: Self reflect – how could I improve next time?</p> <p>THEORY – Design Burgers and look at what makes them healthy.</p>	<p>Shortbread Rubbing in</p>	<p>INGREDIENTS- Burgers vegetarian or meat option <i>Watch Youtube Jamie oliver</i> <i>Chicken nuggets</i> Revise test – see what to revise list</p>	
7	<p>PRACTICAL- I will make burgers, extra care given to raw meat to avoid cross contamination</p> <p>Evaluate: Self reflect – how could I improve next time?</p> <p>THEORY – 30 min test –theory covered in year 9 AP2</p>	<p>Cross Contamination High risk foods Food probe</p>	<p>INGREDIENTS- Biryani</p>	
8	<p>CLOSING THE GAP – Reteach 3 main misconceptions from test.</p> <p>PRACTICAL – Biryani</p>	<p>STOCK Oven safety</p>	<p>End of rotation</p>	

GCSE Food

Careers

Students produce a 3-course meal, a food science experiment and cover a broad range of food knowledge

Food teacher, chef, pastry chef, waiter, restaurant manager, food designer, food taster and developer, nutritionist and many more...