

Prior Learning









This is the beginning of my journey in food at Lode Heath School, in year 7 I will lay down the foundations and skills needed to continue my journey in food. Skills including learning the bridge and claw hold, learning about knife safety, the different coloured chopping boards and why its important to not cross contaminate.

Scheme of Learning: Year 7 Introduction to food

Objectives:

KNOWLEDGE: I will understand why we need to follow good personal hygiene in the kitchen and learn about food poisoning, the causes and how to prevent it.

SKILLS: I will develop a variety of technical cooking skills including the rubbing in method for making a fruit crumble and a pizza scone and I will learn about making a batter for muffins etc. I will also learn how to use the grill and the oven.

Lesson	Tasks	Literacy	Homework	✓
1	MEMORY RECALL – What do I know about H&S in the kitchen? PRACTICAL – FRUIT SALAD Evaluate: Self reflect – how could I improve next time?	Cross Contamination Knife safety Bridge and claw holds Healthy and safety Personal hygiene	INGREDIENTS Fruit Salad FLIP LEARNING: YouTube – Knife and the bridge hold	
2	MEMORY RECALL – Knife safety Theory – Learning about the ovens PRACTICAL- How to make a toastie using the grill THEORY – Design task – toastie	Oven safety Hob Trivet Burns Grill	INGREDIENTS- Toastie FLIP LEARNING: YouTube – how to use the oven safety – DO's and Don'ts	
3	PRACTICAL- How to make a pizza scone EVALUATE: Self reflect – how could I improve next time?	Rubbing in method	INGREDIENTS- Pizza scone FLIP LEARNING: YouTube – the rubbing in method	
4	MEMORY RECALL – Rubbing in method ASSESMENT 1 PRACTICAL- How to make a crumble EVALUATE: Self reflect – how could I improve next time? THEORY – Food poisoning	High Risk Food Cross Contamination Salmonella	INGREDIENTS- Fruit crumble – oven proof dish FLIP LEARNING – Youtube food poisoning / bacteria song	
5	MEMORY RECALL – Chopping board colours and cross contamination PRACTICAL – Pasta Bake Theory- Design task – muffins	High Risk Food Cross Contamination Salmonella Design Sensory words Annotation	INGREDIENTS- Pasta bake Use what to revise sheet	
6	PRACTICAL- Chocolate chip muffins EVALUATE: Self reflect – how could I improve next time? ASSESMENT 2 THEORY – 30 min test.	Batter Cupcake tin	INGREDIENTS- Chocolate chip muffins Revise test – see what to revise list	
7	PRACTICAL- Savoury muffins Evaluate: Self reflect – how could you improve next time?	Batter Cupcake tin	RETRIEVEL: Design a poster or a PowerPoint on Food poisoning INGREDIENTS- Savoury muffins	
8	CLOSING THE GAP – Reteach 3 main misconceptions from test.	High Risk Food Cross Contamination Salmonella	End of rotation	

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...