

		Unit 1	Unit 2
<p>Students will have the opportunity to complete 2 rotations of food during the course of the year.</p> <p><b>Transferable Skills</b></p> <p><b>Time management</b> – planning and preparing dishes within a set time.  <b>Teamwork</b> – working with others to prepare and cook and tidy away.  <b>Planning</b> – following recipes and organising steps in the correct order.  <b>Numeracy skills</b> – measuring ingredients, adjusting quantities, and calculating cooking times.  <b>Hygiene and safety awareness</b> – understanding safe food handling and kitchen safety.  <b>Evaluation skills</b> – tasting food and suggesting improvements.  <b>Independence</b> – preparing meals and managing tasks without constant support.</p>	<p><b>Key Concepts/ Skills</b></p> <ul style="list-style-type: none"> <li>- Health and safety in the kitchen</li> <li>- Weighing and measuring</li> <li>- Washing up</li> <li>- Food storage</li> <li>- Best before/use by dates</li> <li>- Why do we eat food?</li> <li>- Eatwell guide</li> <li>- Nutritional needs for different groups of people</li> <li>- Why do we need energy?</li> </ul> <p><b>Practical lessons</b></p> <ul style="list-style-type: none"> <li>- Bread bun</li> <li>- chopping techniques</li> <li>- mini pizza</li> <li>- shortbread</li> <li>- flapjacks</li> <li>- blueberry muffins</li> </ul>	<p><b>Key Concepts/ Skills</b></p> <ul style="list-style-type: none"> <li>- High and low risk foods</li> <li>- Where do bacteria come from?</li> <li>- Sensory evaluation</li> <li>- Where does our food come from?</li> <li>- British cuisine</li> <li>- International cuisine</li> <li>- Food waste</li> <li>- Why do we cook our food?</li> </ul> <p><b>Practical lessons</b></p> <ul style="list-style-type: none"> <li>- Vegetable pasta</li> <li>- Beef or Quorn bolognaise</li> <li>- Apple crumble</li> <li>- Bread and butter pudding</li> <li>- Cheesecake</li> <li>- Potato salad</li> </ul>	
	<p><b>Assessment</b></p> <ul style="list-style-type: none"> <li>- Practical work completed</li> <li>- Written end of unit test</li> </ul>	<p><b>Reading</b></p> <p>Key Words            Powerful Knowledge (Key concepts/skills)            Recipes            Food labels and packaging</p>	

Enrichment	Careers	Useful resources and revision
<ul style="list-style-type: none"> <li>• Extra-curricular Trips</li> <li>• After school Clubs (cooking club)</li> <li>• Local/School Competitions</li> </ul>	<ul style="list-style-type: none"> <li>- Chef</li> <li>- Baker</li> <li>- Restaurant manager</li> <li>- Caterer</li> <li>- Dietitian</li> <li>- Nutritionist</li> <li>- Public health worker</li> </ul>	<ul style="list-style-type: none"> <li>- Oak Academy  <a href="https://www.thenational.academy/teachers/programmes/cooking-nutrition-secondary-ks3/units">https://www.thenational.academy/teachers/programmes/cooking-nutrition-secondary-ks3/units</a> </li> </ul>