

Project: Food Preparation and Nutrition			
Year: 7 Basic cooking skills - Eating under Five pounds			
Lead Teacher: RK		Carousel	
Term Week	Task/Outcome	Resources	Homework
1	Introduction to Food Preparation and Nutrition <ul style="list-style-type: none"> Health and Safety in the Food room Food poisoning – micro organisms, pathogens, Temperature control – Danger zone, cross contamination Preservation of food/ cross 	<ul style="list-style-type: none"> Textbook - Exploring Food and Nutrition by Yvonne Mackey, Bev Saunder Boardworks for Food Video on Food Poisoning 	<ul style="list-style-type: none"> Design a health and safety poster for the food preparation room
2	Tools and equipment in Food preparation <ul style="list-style-type: none"> Development of basic cooking skills- using different equipment, techniques, measurement Using the cooker- labelling parts and use. Colour coded chopping boards (Watch video on skills building)	<ul style="list-style-type: none"> Exploring Food and Nutrition by Yvonne Mackey, Bev Saunder Boardworks for Food CREATE! Food Technology . Barbara Mottershead and Lesley Woods. Models and Pictures of tools and equipment 	<ul style="list-style-type: none"> Research – Tools and equipment and their use in Food preparation
3	Cooking methods : Making fairy cakes (On line demo) Heat transfer, conduction, convection, radiation Methods of cooking food – baking Demonstration of cake making – Selected students model to class	<ul style="list-style-type: none"> Exploring Food and Nutrition by Yvonne Mackey, Bev Saunder Video – Heat transfer 	<ul style="list-style-type: none"> Heat Transfer – Types of heat transfer /Methods of cooking food and examples
4	Evaluation of Fairy cakes Use of sensory descriptors Create a star profile and attribute testing	<ul style="list-style-type: none"> Evaluation sheet Star profile template Use excel spreadsheet 	<ul style="list-style-type: none"> Create a star diagram on spread sheet
5	Developing basic skills in food preparation <ul style="list-style-type: none"> Making shortbread biscuits/ flapjacks (complete worksheet after watching video Planning, preparation and making Skills development - Tr Demo - Dough making, Rolling, shaping 	<ul style="list-style-type: none"> CREATE! Food Technology. Barbara Mottershead Watch video on food making 	<ul style="list-style-type: none"> Evaluation – shortbread biscuit Use Excel spread sheet to generate a star diagram / star profiling
6	Budgeting and costing dishes <ul style="list-style-type: none"> Planning and making healthy dishes Budget and cost ingredients for a dish Nutritional Analysis- Food analysis - program 	<ul style="list-style-type: none"> Textbook - Exploring Food and Nutrition by Yvonne Mackey, Bev Saunder 	<ul style="list-style-type: none"> Costing a main dish.
7	Making healthy main dishes- (Online) Development of cooking skills and techniques <ul style="list-style-type: none"> Planning, preparing and making healthy dishes 	<ul style="list-style-type: none"> CREATE! Food Technology. Barbara Mottershead Textbook - Exploring Food and Nutrition by Yvonne Mackey, Bev Saunder 	<ul style="list-style-type: none"> Evaluation on vegetable stir fry Include a star diagram and hedonic scale

**Subject : Food Preparation and Nutrition -
Project: Special Diets – Vegetarian diet
Year: 8
Lead Teacher: RK**

Carousel

Term Week	Task/Outcome	Resources	Homework
1	Special Diet <ul style="list-style-type: none"> Dietary requirement for different target groups Types of vegetarian- Vegan, ovo lacto, pesectarian 	<ul style="list-style-type: none"> Boardworks Youtube Links Textbook - Exploring Food and Nutrition by Yvonne Mackey, Bev Saunder 	<ul style="list-style-type: none"> Identify 10 different target groups that require special diet. Explain in detail types of food they need and why.
2	Vegetarian dishes - vegan and ovo lacto Reasons why people become vegetarian Menu planning/ suitable dishes <ul style="list-style-type: none"> Planning – time plan, process, quality control checks Main vegetarian dishes spaghetti Bolognese/ pasta bake Evaluation of dishes 	<ul style="list-style-type: none"> Recipe cards Textbook - Exploring Food and Nutrition by Yvonne Mackey, Bev Saunder Video 	<ul style="list-style-type: none"> Research on types of vegetarians dishes. Bring in recipes on suitable vegetarian dishes
3	Functional and chemical properties of food <ul style="list-style-type: none"> Making dishes - nutritional function of ingredients in food preparation shortening , aeration and coagulation, denaturation, sauces, 	<ul style="list-style-type: none"> Textbook - Exploring Food and Nutrition by Yvonne Mackey, Bev Saunder Video on functional properties of food 	<ul style="list-style-type: none"> Research on function on the food nutrients Quiz on technical vocabulary – keywords
4	Vegetarian desserts <ul style="list-style-type: none"> Batter mixtures Planning and preparation 	<ul style="list-style-type: none"> Textbook - Exploring Food and Nutrition by Yvonne Mackey, Bev Saunder 	<ul style="list-style-type: none"> Plan a day’s menu for the following vegetarian types : a vegan , Ovo lacto vegetarian, pesectarian
5	Make dishes using batter mixtures <ul style="list-style-type: none"> Make pancakes / waffles Evaluation 	<ul style="list-style-type: none"> Textbook - Exploring Food and Nutrition by Yvonne Mackey, Bev Saunder 	<ul style="list-style-type: none"> Evaluate and draw a star profiling on your dessert.
6	Healthy snacks: <ul style="list-style-type: none"> Snacks with edible casing Pastry types - shortcrust, choux, suet, flaky, puff rough puff, filo pastry 	<ul style="list-style-type: none"> CREATE! Food Technology . Barbara Mottershead and Lesley Woods. 	<ul style="list-style-type: none"> Research on different types of pastry. Give examples and how they are used in food preparation
7	Pastry Making <ul style="list-style-type: none"> Planning and making shortcrust pastry Making pies, tarts and pasties Evaluation of dishes 	<ul style="list-style-type: none"> CREATE! Food Technology . Barbara Mottershead and Lesley Woods. Textbook - Exploring Food and Nutrition by Yvonne Mackey, Bev Saunder 	<ul style="list-style-type: none"> Evaluate dishes made during made – tuna or chicken pie/ pasties
8	Developing a basic recipe <ul style="list-style-type: none"> Costing ingredients 	<ul style="list-style-type: none"> CREATE! Food Technology . Barbara Mottershead and Lesley Woods. 	<ul style="list-style-type: none"> Costing a recipe for making a dish

Subject: Food Preparation and Nutrition
Project: Cultural foods / Raising the bread
Year: 9
Lead Teacher: RK

Carousel

Term Week	Task/Outcome	Resources	Homework
1	<p>Eatwell Guide - Macronutrients/ Macronutrients</p> <ul style="list-style-type: none"> • HBV, LBV, Protein complementation • Target groups: Obese, Celiac, CHD, Diabetics, Sportsmen, Teenagers, children, vegetarian 	<ul style="list-style-type: none"> • Textbook - Exploring Food and Nutrition by Yvonne Mackey, Bev Saunder 	<ul style="list-style-type: none"> • Healthy eating – Research on diet related disease – Marasmus, Kwashiorkor, etc
2	<p>Make a healthy cultural snacks – watch video and complete task</p> <p>Mexican, Indian cultures (Fajitas , Chapatti)</p> <ul style="list-style-type: none"> • Planning – Time plan, Preparation and making • Evaluation 	<ul style="list-style-type: none"> • CREATE! Food Technology . Barbara Mottershead and Lesley Woods. • Recipe cards • video 	<ul style="list-style-type: none"> • Recipes on cultural food
3	<p>Food provenance</p> <ul style="list-style-type: none"> • Staple foods –Cereals,- wheat, pasta ,rice, • Organic , free range • Food processing • Food waste 	<ul style="list-style-type: none"> • Textbook - Exploring Food and Nutrition by Yvonne Mackey, Bev Saunder 	<ul style="list-style-type: none"> • www.lovefoodhatewaste.com - Find out how food manufacturers help reduce food waste. Create a poster
4	<p>Raising Agents</p> <ul style="list-style-type: none"> • Types of raising agents , mechanical, chemical, biological, chemical reactions • Investigation of raising agents in making bread rolls (skills in bread making) • Use of raising agents in cultural bread (leavening agents) 	<ul style="list-style-type: none"> • Textbook - Exploring Food and Nutrition by Yvonne Mackey, Bev Saunder • Recipe cards 	<ul style="list-style-type: none"> • Research on different types of raising agents and their uses
5	<p>Raising the bread</p> <ul style="list-style-type: none"> • Plan prepare and make a cultural bread – • Make bread dough chapatti, Tortilla, (Fajitas) leavened and unleavened bread • Evaluation – sensory analysis 	<ul style="list-style-type: none"> • CREATE! Food Technology . Barbara Mottershead and Lesley Woods. • Recipe cards 	<ul style="list-style-type: none"> • Research on cultural bread and how they made and served in different cultures