

Subject		Autumn	Spring	Summer
Cooking & Nutrition	Yr 7	a) Getting Ready to Cook Where does food come from? Safety Hygiene The Food Room b) Healthy Eating: breakfasts Fruit and yoghurt breakfast dishes Oral hygiene	a) Food & Farming in the UK Eggs How food is grown, reared, caught and processed. Meat Vegetables Dairy b) Healthy Eating Eatwell Plate What is healthy eating? Be a baker	a) Shopping for food Variety of shops The supermarket Vocabulary Practical shopping Food choice b) Salads: make & design Different type of salad produce Different types of salad Presenting salads Make a salad for a busy person
	Following Y9 this Year.	Year 1 a) Jams and Chutneys Safe use of jam equipment Correct way of preparing fruit Reading thermometers Sterilizing equipment Year 1 b) Soup Kitchen Careful preparation of ingredients Following recipes Use of soup kettles Identifying soup bowls	Year 1 a) Fish is the Dish Correct identification of blue equipment Use of fish tweezers Different ways of cooking fish – grill, fry, poach Year 1 b) Healthy Lunches Looking at more complex recipes for more interesting snacks other than jacket potatoes	Year 1 a) Young Bakers Simple to more complex recipes Different flours and raising agents Kneading, knocking back, rolling and shaping Correct proving and cooking temperatures Year 1 b) Compound Salads Use of food processors, graters, and larger knives Use of different dressings Presentation
	Yr 10	AQA 105342 Cake Making & Decorating Making sweet pastry Use of puff and filo pastry Making pastries to sell at the Christmas Fayre	AQA 97593 Making Soup Use of different ingredients Advanced knife skills Use of seasoning Selling soup and budgeting	AQA New Unit to be written and verified Making Pizzas Making fresh pizza dough Careful preparation of toppings Rolling of dough onto pizza trays Correct cooking temperatures
	Yr 11	AQA New Unit to be verified Preparing, Making and Serving a Buffet Planning savoury dishes Planning desserts Decisions of food to be served at specified function Practice and freezing of different dishes in preparation	AQA 72925 Afternoon Tea Safe making and serving hot and cold drinks Making sandwiches and savoury snacks Making pastries and simple desserts Serving and budgeting Tea Trolley	AQA Preparing and Baking Fresh Sweet and Savoury Pies Making short pastry Following recipes to create fillings Rolling, crimping and creating pies Glazing the products Baking at the correct temperature