

Term	Autumn Term1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term2
Year 7 Introduction to food and nutrition	Hygiene and Safety Demonstrate food safety and hygiene throughout the preparation and cooking process.	Exploring and tasting new food Introduce new tastes, textures of a variety ingredients. Sensory evaluation	Using basic equipment To develop skills in safely using new kitchen equipment to produce a range of products.	Healthy eating Adapting basic recipes to make them healthier – reduced sugar, fat, salt.	Research seasonal products and ingredients Organic, home grown value for money.	Research and prepare for a Summer picnic Prepare a range of summer cooking that can be taken on a picnic.
Year 8 Healthy food, ingredients and cooking	Healthy eating Adapting recipes to make them healthier – reduced sugar, fat, salt.	Healthy food from around the world Organic, locally produced, country of origin, value for money.	Using the Hob & Grill Using weights and measurements, controlling Hob temperatures.	Using the Oven Using weights and measurements, oven temperatures.	Making changes Adapting recipes for different groups – diet, religion, choice and medical.	Summer cooking To look at the range of ingredients in season. Prepare a range of summer cooking that can be taken on a picnic.
Year 9 Making choices	Understanding healthy diet Design an eat well plate to include your 5 a day.	Understanding healthy lifestyle Using the eatwell plate as a guide to prepare a range of recipes.	Food storage and food hygiene Look at how to store your ingredients look at sell by and use by dates.	Investigating Bread Look at the origins of bread and the many different types from around the world. To prepare and make a selection of bread from around the world.	Creating healthy balanced meals Select and use recipes to factor in fresh, seasonal and locally produced to create healthy balanced products.	Meals for friends and family To inspire others to share recipes. To cook with other peers and family members.
Year 10	BTEC Level 1 Be able to use Home Cooking Skills to make homemade food that does not use pre prepared, ready cooked food.	BTEC Level 1 Use cooking skills when following a recipe - Food labelling, freshness of food, seasonality, free range, organic, local produced, country of origin, value for money, nutritional, 5 a day and food labelling.	BTEC Level 1 Demonstrate food safety and hygiene throughout the preparation and cooking process. Storage of foods, raw, cooked and frozen, labelling and storage, food preparation and health and hygiene.	BTEC Level 1 Understand the value of passing on information about home cooking Look at changing food habits and choices. Look at the benefits on the long term wellbeing of self and family.	BTEC Level 1 Identify ways to pass on information about home cooking To inspire others, share recipes. To cook with other peers and family members.	BTEC Level 1 Food Hygiene Level 1 online course.

<p>Year 11</p>	<p>BTEC Level 2 Be able to plan a nutritious, home cooked meal using basic ingredients Plan a nutritious two-course meal. Select recipes for starter, main and desert. Design an eat well plate to include your 5 a day.</p>	<p>BTEC Level 2 Select and prepare ingredients for a nutritious two-course meal - Select ingredients to factor in fresh, seasonal and locally produced. Look at how to store your ingredients factoring in sell by dates. Research you recipes and try cooking them at home.</p>	<p>BTEC Level 2 Be able to prepare, cook and present a nutritious, home cooked meal using basic ingredients Use cooking skills when following the recipes. Looking at presentation. Checking freshness of food. Seasonality, free range, local produced and organic ingredients.</p>	<p>BTEC Level 2 Demonstrate food safety and hygiene throughout the preparation and cooking process. Storage of foods, raw, cooked and frozen. Labelling and storage, Food prep, Health and Hygiene.</p>	<p>BTEC Level 2 Apply presentation skills when serving a meal. Understand how to cook economically at home. Be able to pass on information about cooking meals at home from scratch. Explain ways to economise when cooking at home. To inspire others, share recipes. To cook with other peers and family members.</p>	<p>BTEC Level 2 Food Hygiene Level 2 online course.</p>
<p>Year 12/13</p>	<p>BTEC Level 1 or 2 Home cooking skills if not taken in Y10/11 Open awards from September 2018</p>	<p>BTEC Level 1 or 2 Home cooking skills if not taken in Y10/11 Open awards from September 2018</p>	<p>BTEC Level 1 or 2 Home cooking skills if not taken in Y10/11 Open awards from September 2018</p>	<p>BTEC Level 1 or 2 Home cooking skills if not taken in Y10/11 Open awards from September 2018</p>	<p>BTEC Level 1 or 2 Home cooking skills if not taken in Y10/11 Open awards from September 2018</p>	<p>BTEC Level 1 or 2 Home cooking skills if not taken in Y10/11 Open awards from September 2018</p>