

weeks	Lesson 1	Lesson 2	Lesson 3
1 & 2	<ul style="list-style-type: none"> - To identify the hazards within a working kitchen and to put in place contingency plans to overcome these hazards - To understand and demonstrate the correct and safe methods of carrying knives in the classroom - To gain an understanding of where different foods come from and the impact of this journey on factors such as the environment. 	<ul style="list-style-type: none"> - To identify and explain the different food groups and their representation on the eatwell plate - To gain an understanding of the different nutritional needs of different age groups. - To understand the key health trends in our modern society such as obesity, veganism and vegetarianism - To identify the “danger zone” 	<p>Practical lesson – Tomato and Roasted Pepper soup</p> <ul style="list-style-type: none"> - To demonstrate the safe use of a knife - To demonstrate the two cutting techniques of the bridge and claw - Demonstrate the use of a hand-held blender. - To follow the recipe and method for the making of this soup
3 & 4	<ul style="list-style-type: none"> - To be able to categorise and explain the differences in the different food types that are caught, grown and reared. - To understand the concept of seasonality and its affect on food choice - To understand the concept of provenance of food and its impact on food choice including an understanding of the ‘red tractor’ and organic farming 	<p>Practical lesson – Spanish Omelette</p> <ul style="list-style-type: none"> - To demonstrate the safe use of a knife - To demonstrate the two cutting techniques of the bridge and claw - Demonstrate the use of the hob and the grill as a heat transfer methods - To follow the recipe and method for the making of pizza toast 	<ul style="list-style-type: none"> - To identify, understand and explain the different methods of heat transfer. - To review the previous learning on the ‘Danger zone’ and apply this knowledge to the different methods of heat transfer.

5 & 6	<p>Practical Lesson – Spaghetti Bolognese</p> <ul style="list-style-type: none"> - To demonstrate the safe use of a knife - To demonstrate the two cutting techniques of the bridge and claw - Demonstrate the use of the hob (convection and conduction) as methods of heat transfer - To demonstrate the safe use of boiling as a method of heat transfer - To follow the recipe and method for the making of spaghetti bolognese 	<ul style="list-style-type: none"> - To understand and identify the sources and function of carbohydrates in our diet - To understand and identify the sources and function of protein in our diet. 	<p>PAZ lesson</p>
7 & 8	<p>Practical lesson – Focaccia bread sticks</p> <ul style="list-style-type: none"> - To demonstrate the safe use of radiation heat transfer methods - to demonstrate confident knife skills - to demonstrate the practical use of cereals and carbohydrates in our diet. - to demonstrate the skills of shaping and kneading dough. 	<ul style="list-style-type: none"> - To receive and build upon individualised feedback garnered from the PAZ. - To understand and identify the sources and function of cereals in the diet. - To understand the theory of the rubbing in method of making dough 	<p>Final practical lesson – scones</p> <ul style="list-style-type: none"> - To have an awareness of the safe levels of sweet sugars in the diet - To demonstrate the safe use of an oven as a method of radiation heat transfer. - To demonstrate cooking techniques of glazing, shaping and rubbing-in.