

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 the requirements of a consumer brief 	<ul style="list-style-type: none"> - To identify and explain the different food groups and their representation on the eatwell plate - To identify and explain the different good and bad bacteria required in a healthy balanced diet - To understand the 'danger zone' when cooking food 	<p>Practical lesson – minestrone 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 - To follow the recipe and method for the making of this soup - To demonstrate the cooking of vegetables and pasta
3 & 4	<ul style="list-style-type: none"> - 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 multi-cultural influences on the British diet 	<p>Practical lesson – Pizza</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 oven as a method of heat-transfer - To demonstrate the use of yogurt as a rising agent - To demonstrate the use of micro-organisms in cooking 	<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 –Savoury rice- To demonstrate the safe use of a knife</p> <ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> - To understand and identify the sources and function of macro-nutrients in our diet. 	<p>PAZ lesson</p>
7 & 8	<p>Practical lesson – chicken fajitas</p> <ul style="list-style-type: none"> - To demonstrate the safe use of convection and conduction - to demonstrate confident knife skills - to demonstrate the safe cooking of chicken - to demonstrate the skill of marinading 	<ul style="list-style-type: none"> - To receive and build upon individualised feedback garnered from the PAZ. <p>Practical lesson – sweet and sour chicken</p> <ul style="list-style-type: none"> - To demonstrate the safe use of convection and conduction heat transfer methods - to demonstrate confident knife skills - to demonstrate the safe cooking of chicken - to demonstrate the skill of sauce making 	<p>Final practical lesson – apple crumble</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 rubbing-in and stewing.