

| Learning Intention                                      | Vocab                                                | Concept                  | Retrieval                                                     | Success Criteria                                                                                                                                                       | Hinge Questions for this lesson                                                                                                                                                                                           | Red Zone                                    |
|---------------------------------------------------------|------------------------------------------------------|--------------------------|---------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|
| <b>Wk 1 - Lesson 1</b><br><br>Carbohydrates in the diet | Carbs<br>Sugars<br>Energy<br>Sources                 | Food nutrition           | Carbs<br>Sugars<br>Energy<br>Sources                          | <b>I can identify</b> carbs in the diet<br><b>I can describe</b> the different types of carbs<br><b>I can explain</b> their function in the body                       | Which of the following is the main function of carbohydrates in the body?<br>A) Build muscle tissue<br>B) Provide energy<br>C) Aid digestion<br>D) Produce hormones                                                       | Complete the activity task for this lesson  |
| <b>Wk 2 - Lesson 2</b><br><br>Practical learning        | Safety<br>Utensils<br>Equipment<br>Accuracy<br>Focus | Applied Practical skills | Safety<br>Tools<br>Equipment<br>Accuracy<br>Planning<br>Focus | <b>I can complete</b> practical tasks on time<br><b>I can use</b> utensils, equipment and ingredients safely<br><b>I can tidy</b> my work area, so it is clean and dry | Which of these is the safest way to handle a sharp knife during food preparation?<br>A) Hold it by the blade<br>B) Leave it in the sink<br>C) Carry it with the blade pointing down<br>D) Pass it to someone by the blade | Complete the practical task for this lesson |
| <b>Wk 3 - Lesson 3</b><br><br>Cereals                   | Maize<br>Rye<br>Barley<br>Oats<br>Gluten             | Food commodities         | Maize<br>Rye<br>Barley<br>Oats<br>Gluten                      | <b>I can identify</b> cereals in the diet<br><b>I can describe</b> the different types of cereals<br><b>I can explain</b> their function in the body                   | Which cereal is commonly used to make porridge?<br>A) Maize<br>B) Rye<br>C) Oats<br>D) Barley                                                                                                                             | Complete the activity task for this lesson  |
| <b>Wk 4 - Lesson 4</b><br><br>Practical learning        | Safety<br>Utensils<br>Equipment<br>Accuracy<br>Focus | Applied Practical skills | Safety<br>Tools<br>Equipment<br>Accuracy<br>Planning          | <b>I can complete</b> practical tasks on time<br><b>I can use</b> utensils, equipment and ingredients safely                                                           | Why is it important to keep your work area clean and dry during cooking?<br>A) To make food taste better                                                                                                                  | Complete the practical task for this lesson |

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|                                              |                                                        |                             | Focus                                                         | <b>I can tidy</b> my work area, so it is clean and dry                                                                                                                                    | B) To prevent accidents and contamination<br>C) To save time washing up later<br>D) To impress others                                                                                                                |                                             |
| <b>Wk 5 - Lesson 5</b><br>Food labelling     | Information<br>Weight<br>Volume<br>Consumers<br>Choice | Customer choice             | Information<br>Weight<br>Volume<br>Consumers<br>Choice        | <b>I can identify</b> information on food labels<br><b>I can describe</b> the different types of information<br><b>I can explain</b> the importance of food labelling for consumer choice | Which of the following is NOT usually found on a food label?<br>A) Nutritional information<br>B) Cooking instructions<br>C) Price of the product<br>D) Manufacturer's contact details                                | Complete the activity task for this lesson  |
| <b>Wk 6 - Lesson 6</b><br>Practical learning | Safety<br>Utensils<br>Equipment<br>Accuracy<br>Focus   | Applied<br>Practical skills | Safety<br>Tools<br>Equipment<br>Accuracy<br>Planning<br>Focus | <b>I can complete</b> practical tasks on time<br><b>I can use</b> utensils, equipment and ingredients safely<br><b>I can tidy</b> my work area, so it is clean and dry                    | What should you do if you spill water on the floor during cooking?<br>A) Ignore it and keep working<br>B) Wipe it up immediately to prevent slips<br>C) Wait until the end of the lesson<br>D) Cover it with a towel | Complete the practical task for this lesson |
| <b>Wk 7 - Lesson 7</b><br>Food allergies     | Allergy<br>Reaction<br>Safety<br>Shock prevention      | Food safety                 | Allergy<br>Reaction<br>Safety<br>Shock prevention             | <b>I can identify</b> allergens in food<br><b>I can describe</b> the different types of allergens                                                                                         | Which of these is a common allergen?<br>A) Rice<br>B) Milk<br>C) Water<br>D) Salt                                                                                                                                    | Complete the worksheet                      |

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|                    |       |         |           | I can explain the importance of food labelling in allergy safety |                                 |          |