

<i>Autumn Term</i>	<i>Spring Term</i>	<i>Summer Term</i>	<i>Desired end of year outcomes</i>
<p><u>Intro to food tech</u> Students will be introduced to health and safety rules when working in a kitchen. They will develop a routine of preparing themselves for class including washing their hands, tying up long hair and putting on an apron. They will be introduced to basic cooking skills including chopping, grating spreading, measuring, toasting, grilling and peeling. These will be introduced during the making of recipes for simple meals and drinks.</p>	<p><u>Introduction to healthy eating</u> Students will be introduced to healthy eating concepts including what a balanced diet is, eating 5 a day and food groups. They will prepare a selection of healthy meals, building on cooking skills developed in the pervious term. Students will start to cook on the hob and in the oven. They will also be introduced to common dietary requirements including dairy free and being vegetarian, and be given the opportunity to try dietary alternatives.</p>	<p><u>Food safety: prevention of food poisoning and cross contamination</u> Students will begin to cook with meat/ meat alternatives, protein and high risk ingredients. They will follow the colour coded rules for chopping boards in order to prevent cross contamination and risk of food poisoning. Students will develop an understanding of what will happen if you eat high risk foods raw and why it is important to cook them thoroughly.</p> <p>They will also explore the use of convenience foods (jars, tins, packet mixes) and how to open difficult packaging (can opener, ring pull, jar lid).</p>	<p>Students will learn the basics of staying safe in the kitchen.</p> <p>Students will be trusted to operate cutlery and appliances both independently and under supervision.</p> <p>Students will be able to identify and name key pieces of small kitchen equipment.</p> <p>Students will follow good hygiene practices.</p> <p>Students will begin to develop good practical skills to produce a range of dishes such as chopping, slicing, rubbing in, creaming, all in one, frying, boiling, baking, rolling, shaping and decorating.</p> <p>Students will have exposure to what it is to eat healthily, the Eat well Guide and the 5 main food groups.</p> <p>Students will experience working as a team.</p> <p>Students will have made cross curricular links and have a greater understanding of measuring, adding, counting, fractions (cutting in half or quarters)</p>
<p>Assessment</p>			
<p>Students will be assessed on their outcomes at the end of each cooking session. There will also be formative assessments which take place throughout the project.</p>			