

PENSBY HIGH SCHOOL- SCHEME OF LEARNING

Food and Cookery Course Overview – Year 7

Brief description of course: An introduction into Food Safety, Hygiene and the Eatwell guide. Pupils will be learning the basic practical skills and developing their understanding of healthy eating through the study of the Eatwell guide and its sections.

<u>Term 1 (7 weeks)</u>	<u>Term 2 (8 weeks)</u>	<u>Term 3 (6 weeks)</u>
<p>Week 1-2 H+S/getting to know the food room.</p> <p>Week 3- healthy eating, eatwell guide theory of green section, first set of skills (using bridge/claw/weighing/measuring liquids/mixing) practical (assessment). Fruit Salad.</p>	<p>Week 4- 5 healthy eating, eatwell guide theory of green section, first set of skills (using bridge/claw/weighing/measuring liquids/mixing) practical (assessment). Fruit Salad.</p> <p>Week 6 – 7 healthy eating, eatwell guide theory of yellow section, Hand S of using the hob, second set of skills (using bridge/claw/weighing/measuring liquids/boiling/drainage/mixing) (assessment) Pasta Salad.</p>	<p>Week 8 healthy eating, eatwell guide theory of yellow section, Hand S of using the hob, second set of skills (using bridge/claw/weighing/measuring liquids/boiling/drainage/mixing) (assessment) Pasta Salad.</p> <p>Week 9- 10 healthy eating, eatwell guide theory of blue section, H and S of using the grill, third set of skills (using bridge/claw/weighing/grating/assembling/grilling) (assessment) Pizza toast.</p>
<u>Term 4 (5 weeks)</u>	<u>Term 5 (6 weeks)</u>	<u>Term 6 (7 weeks)</u>
<p>Week 11 - healthy eating, eatwell guide theory of blue section, H and S of using the grill, third set of skills (using bridge/claw/weighing/grating/assembling/grilling) (assessment) Pizza toast</p> <p>Week 12 - 13 healthy eating, eatwell guide theory of red section, H and S of using the oven, fourth set of skills (using bridge/claw/weighing/meat prep/baking/using oven) (assessment) Skewers.</p>	<p>Week 14 healthy eating, eatwell guide theory of red section, H and S of using the oven, fourth set of skills (using bridge/claw/weighing/meat prep/baking/using oven) (assessment) Skewers.</p> <p>Week 15 – 16 healthy eating, eatwell guide, adapting a recipe, H and S of using the oven, fourth set of skills (using bridge/claw/weighing/rubbing in method) (assessment) Fruit Crumble.</p>	<p>Week 17 Revision of theory/skills and exam.</p> <p>Week 18 – 19 healthy eating, eatwell guide, adapting a recipe, H and S of using the oven, fourth set of skills (using bridge/claw/weighing/rubbing in method) (assessment) Fruit Crumble. Completing any outstanding work.</p> <p style="text-align: center;">Activities week</p>

Unit of Work – Summative Information – Food And Cookery – Year 7

Year /Group	Unit or Activity	Focus – skills and knowledge development	(Subject) Programme of Study Reference	Curriculum, learning opportunities	PLTS	Number of lessons
7	Food Safety and Hygiene Eatwell Guide – Fruits and Vegetables	Developing knowledge of fruit and vegetables groups and learning the basic knife skills.	<ul style="list-style-type: none"> Understand the source, seasonality and characteristics of a broad range of ingredients. Become competent in a range of cooking techniques 	<p>Pupils will have one lesson to cover the theory of the Eatwell guide, why it is used and different types of fruits and how they are grouped.</p> <p>Pupils will have 2 lessons to demonstrate the basic knife and food hygiene skills during their fruit salad practical.</p>	<ul style="list-style-type: none"> analyse and evaluate information, judging its relevance and value generate ideas and explore possibilities review progress, acting on the outcomes invite feedback and deal positively with praise, setbacks and criticism organise time and resources, prioritising actions <p>anticipate, take and manage risks</p>	5
(Subject) Learning Objectives					Cross Curricular Objectives	
<p>Skills: You can read and follow your recipe and demonstrate decision making and the application of basic knife skills.</p> <p>Knowledge: You can explain and group different fruits and vegetables correctly by type.</p> <p>Identifying: You can identify and list a wide range of food safety hazards and explain cause/effects and suggest ways of preventing these. You can recognise sections of the eat well guide and match foods to the correct sections.</p> <p>Content: You can explain the current healthy eating advice and relate it to your diet.</p>					<p>Literacy: developing knowledge/understanding of key words Numeracy: being able to demonstrate weighing out/measuring ingredients and timing accurately. Thinking Skills: knowledge, comprehension, application and evaluation ICT: can be used for extended homework tasks. Communication: through design work and evaluations SMSC: developing awareness of the way pupils look after themselves through diet. Developing awareness of where our food comes from.</p>	
Assessment Criteria / Expectations – including formative and feedback (How: method / criteria. When : i.e. timing By whom :)				Resources	Continuity and Progression (link/development of previous learning objectives/units/achievements)	
<ul style="list-style-type: none"> Pupils will be assessed on their basic knife skills through their demonstration of these during practical. The assessment will be recorded in a Practical skills assessment booklet. This will be done during the 3rd and 4th lesson of the unit. 				Powerpoint/projector Y7 flight path sheet Skill assessment booklet Kitchen equipment/aprons Recipes	Skills demonstrated will continue to be used/developed in future practicals.	

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Year /Group	Unit or Activity	Focus – skills and knowledge development	(Subject) Programme of Study Reference	Curriculum, learning opportunities	PLTS	Number of lessons
7	Food Safety and Hygiene Eatwell Guide – starchy foods and carbohydrates	Developing knowledge of starchy food groups and developing the basic knife skills.	<ul style="list-style-type: none"> Understand the source, seasonality and characteristics of a broad range of ingredients. Become competent in a range of cooking techniques 	<p>Pupils will have one lesson to cover the theory of the Eatwell guide section - carbohydrates, why it is needed and different types of starchy foods.</p> <p>Pupils will have 2 lessons to demonstrate the basic knife and food hygiene skills during their pasta salads.</p>	<ul style="list-style-type: none"> analyse and evaluate information, judging its relevance and value generate ideas and explore possibilities review progress, acting on the outcomes invite feedback and deal positively with praise, setbacks and criticism organise time and resources, prioritising actions <p>anticipate, take and manage risks</p>	3
(Subject) Learning Objectives					Cross Curricular Objectives	
<p>Skills: You can read and follow your recipe and demonstrate decision making and the application of basic knife skills/using the kettle safely.</p> <p>Knowledge: You can explain why starchy foods are important and why carbohydrates are needed in the body.</p> <p>Identifying: You can recognise sections of the Eatwell guide and match foods to the correct sections.</p> <p>Content: You can explain the current healthy eating advice and relate it to your diet.</p>					<p>Literacy: developing knowledge/understanding of key words Numeracy: being able to demonstrate weighing out/measuring ingredients and timing accurately. Thinking Skills: knowledge, comprehension, application and evaluation ICT: can be used for extended homework tasks. Communication: through design work and evaluations SMSC: developing awareness of the way pupils look after themselves through diet. Developing awareness of where our food comes from.</p>	
Assessment Criteria / Expectations – including formative and feedback (How: method / criteria. When : i.e. timing By whom :)				Resources		Continuity and Progression (link/development of previous learning objectives/units/achievements)
<ul style="list-style-type: none"> Pupils will be assessed on their basic knife skills and safe use of the kettle through their demonstration of these during practical. The assessment will be recorded in a Practical skills assessment booklet. This will be done during the 2nd and 3rd lesson of the unit. 				Powerpoint/projector Y7 flight path sheet Skill assessment booklet Kitchen equipment/aprons Recipes		Skills demonstrated will continue to be used/developed in future practicals.

Unit of Work – Summative Information – Food And Cookery – Year 7

Year /Group	Unit or Activity	Focus – skills and knowledge development	(Subject) Programme of Study Reference	Curriculum, learning opportunities	PLTS	Number of lessons
7	Eatwell Guide – dairy foods section.	<p>Previous knowledge of healthy eating and the Eatwell guide.</p> <p>Identifying what pupils already know about dairy foods and alternatives</p>	<ul style="list-style-type: none"> Understand the source, seasonality and characteristics of a broad range of ingredients. Become competent in a range of cooking techniques 	<p>Pupils will have one lesson to cover the theory of the Eatwell guide section – dairy foods, why it is needed and other alternatives.</p> <p>Pupils will have 2 lessons to demonstrate the basic knife and food hygiene skills during their pizza toasts.</p>	<ul style="list-style-type: none"> analyse and evaluate information, judging its relevance and value generate ideas and explore possibilities review progress, acting on the outcomes invite feedback and deal positively with praise, setbacks and criticism organise time and resources, prioritising actions <p>anticipate, take and manage risks</p>	3
(Subject) Learning Objectives					Cross Curricular Objectives	
<p>Skills: You can read and follow your recipe and demonstrate decision making and the application of basic knife skills/using the grill safely.</p> <p>Knowledge: You can explain why dairy foods are important and why calcium is needed in the body.</p> <p>Identifying: You can recognise sections of the Eatwell guide and match foods to the correct sections.</p> <p>Content: You can explain the current healthy eating advice and relate it to your diet.</p>					<p>Literacy: developing knowledge/understanding of key words</p> <p>Numeracy: being able to demonstrate weighing out/measuring ingredients and timing accurately.</p> <p>Thinking Skills: knowledge, comprehension, application and evaluation</p> <p>ICT: can be used for extended homework tasks.</p> <p>Communication: through design work and evaluations</p> <p>SMSC: developing awareness of the way pupils look after themselves through diet. Developing awareness of where our food comes from.</p>	
Assessment Criteria / Expectations – including formative and feedback (How: method / criteria. When : i.e. timing By whom :)				Resources	Continuity and Progression (link/development of previous learning objectives/units/achievements)	
<ul style="list-style-type: none"> Pupils will be assessed on their basic knife skills and safe use of the grill through their demonstration of these during practical. The assessment will be recorded in a Practical skills assessment booklet. This will be done during the 2nd and 3rd lesson of the unit. 				Powerpoint/projector Y7 flight path sheet Skill assessment booklet Kitchen equipment/aprons Recipes	Skills demonstrated will continue to be used/developed in future practicals.	

Unit of Work – Summative Information – Food And Cookery – Year 7

Year /Group	Unit or Activity	Focus – skills and knowledge development	(Subject) Programme of Study Reference	Curriculum, learning opportunities	PLTS	Number of lessons
7	Eatwell Guide – meats and alternatives section.	<p>Previous knowledge of healthy eating and the Eatwell guide.</p> <p>Identifying what pupils already know about meats and alternatives</p>	<ul style="list-style-type: none"> Understand the source, seasonality and characteristics of a broad range of ingredients. Become competent in a range of cooking techniques 	<p>Pupils will have one lesson to cover the theory of the Eatwell guide section – dairy foods, why it is needed and other alternatives.</p> <p>Pupils will have 2 lessons to demonstrate the basic knife and food hygiene skills during their chicken skewers.</p>	<ul style="list-style-type: none"> analyse and evaluate information, judging its relevance and value generate ideas and explore possibilities review progress, acting on the outcomes invite feedback and deal positively with praise, setbacks and criticism organise time and resources, prioritising actions <p>anticipate, take and manage risks</p>	3
(Subject) Learning Objectives					Cross Curricular Objectives	
<p>Skills: You can read and follow your recipe and demonstrate decision making and the application of basic knife skills/using the oven safely.</p> <p>Knowledge: You can explain why protein is important and needed in the body.</p> <p>Identifying: You can recognise sections of the Eatwell guide and match foods to the correct sections. You can identify a range of meats and alternatives which provide protein.</p> <p>Content: You can explain the current healthy eating advice and relate it to your diet.</p>					<p>Literacy: developing knowledge/understanding of key words Numeracy: being able to demonstrate weighing out/measuring ingredients and timing accurately. Thinking Skills: knowledge, comprehension, application and evaluation ICT: can be used for extended homework tasks. Communication: through design work and evaluations SMSC: developing awareness of the way pupils look after themselves through diet. Developing awareness of where our food comes from.</p>	
Assessment Criteria / Expectations – including formative and feedback (How: method / criteria. When : i.e. timing By whom :)				Resources		Continuity and Progression (link/development of previous learning objectives/units/achievements)
<ul style="list-style-type: none"> Pupils will be assessed on their basic knife skills and safe use of the grill through their demonstration of these during practical. The assessment will be recorded in a Practical skills assessment booklet. This will be done during the 2nd and 3rd lesson of the unit. 				<p>Powerpoint/projector Y7 flight path sheet Skill assessment booklet Kitchen equipment/aprons Recipes</p>		Skills demonstrated will continue to be used/developed in future practicals.

Unit of Work – Summative Information – Food And Cookery – Year 7

Year /Group	Unit or Activity	Focus – skills and knowledge development	(Subject) Programme of Study Reference	Curriculum, learning opportunities	PLTS	Number of lessons
7	Developing practical skills, learning how to use the oven.	<p>Previous knowledge of healthy eating and the Eatwell guide.</p> <p>Developing practical skills –the rubbing in method.</p>	<ul style="list-style-type: none"> Understand the source, seasonality and characteristics of a broad range of ingredients. Become competent in a range of cooking techniques 	<p>Pupils will have one lesson to cover the theory of the rubbing in method and developing their skills</p> <p>Pupils will have 2 lessons to demonstrate the basic knife, rubbing in and food hygiene skills during their fruit crumble.</p>	<ul style="list-style-type: none"> analyse and evaluate information, judging its relevance and value generate ideas and explore possibilities review progress, acting on the outcomes invite feedback and deal positively with praise, setbacks and criticism organise time and resources, prioritising actions anticipate, take and manage risks 	3
(Subject) Learning Objectives					Cross Curricular Objectives	
<p>Skills: You can read and follow your recipe and demonstrate decision making and the application of basic knife skills/using the oven safely.</p> <p>Knowledge: You can explain why it's important to follow the rubbing in method correctly.</p> <p>Identifying: You can identify the steps to be followed and demonstrate this successfully to ensure a good quality product.</p> <p>Content: You can explain the current healthy eating advice and relate it to your diet.</p>					<p>Literacy: developing knowledge/understanding of key words Numeracy: being able to demonstrate weighing out/measuring ingredients and timing accurately. Thinking Skills: knowledge, comprehension, application and evaluation ICT: can be used for extended homework tasks. Communication: through design work and evaluations SMSC: developing awareness of the way pupils look after themselves through diet. Developing awareness of where our food comes from.</p>	
Assessment Criteria / Expectations – including formative and feedback (How: method / criteria. When : i.e. timing By whom :)				Resources	Continuity and Progression (link/development of previous learning objectives/units/achievements)	
<ul style="list-style-type: none"> Pupils will be assessed on their basic knife skills and safe use of the grill through their demonstration of these during practical. The assessment will be recorded in a Practical skills assessment booklet. This will be done during the 2nd and 3rd lesson of the unit. 				Powerpoint/projector Y7 flight path sheet Skill assessment booklet Kitchen equipment/aprons Recipes	Skills demonstrated will continue to be used/developed in future practicals.	

Week by Week SCHEME OF WORK & ASSESSMENT for (Food And Cookery – Unit 1 -3, Year 7).

Date/Week	Subject content/Topic	Knowledge base – link to previous learning	Skills in focus	Students' programme of study and activities	Assessment: method, feedback and improvement – shared with all	Resources: hyperlink or physical location for all	Homework
Week 1 - 5 Number of lessons: 5 Unit: 1	Food Safety/Hygiene Eatwell Guide – Fruits and Vegetables Types of fruit	Previous knowledge of healthy eating and fruits.	Bridge, claw, fork secure knife skills Food Safety/Hygiene	Identify risks/hazards in food room. Develop awareness of health and safety and create a set of rules to follow in the food room. Pupils will learn about different types of fruits and vegetables and how they are grouped. Pupils will complete their first practical task, demonstrating the basic knife skills with support.	Pupils will be assessed on their basic knife skills through their demonstration of these during practical. The assessment will be recorded in a Practical skills assessment booklet. This will be done during the 3 rd and 4 th lesson of the unit. Pupils will be assessed on their knowledge of Fruits through the first evaluation (key assessment).	Powerpoint - all shared on google drive/staff drive. Recipe copies in folder outside room	Homework task 1 "All about fruit and vegetables"
Resources and general notes							
Date/Week	Subject content/Topic	Knowledge base – link to previous learning	Skills in focus	Students' programme of study and activities	Assessment: method, feedback and improvement – shared with all	Resources: hyperlink or physical location for all	Homework
Week 6 - 8 Number of lessons: 3 Unit: 2	Eatwell Guide – starchy food and carbohydrates	Previous knowledge of healthy eating and the eatwell guide. Identifying what pupils already know about starchy foods and carbohydrates.	Bridge, claw, fork secure knife skills Food Safety/Hygiene Using the hob	Pupils will learn about different starchy food and how they provide us with carbohydrate to give us energy. Pupils will complete their third practical task, demonstrating the basic knife skills/safe use of the hob independently.	Pupils will be assessed on their basic knife skills/safe use of a kettle through their demonstration of these during practical. The assessment will be recorded in a Practical skills assessment booklet. This will be done during the 2 nd and 3 rd lesson of the unit. Pupils will be assessed on their knowledge of starchy foods and carbohydrates through the tasks set in their booklets and homework.	Powerpoint - all shared on google drive/staff drive. Recipe copies in folder outside room	
Resources and general notes							
Date/Week	Subject content/Topic	Knowledge base – link to previous learning	Skills in focus	Students' programme of study and activities	Assessment: method, feedback and improvement – shared with all	Resources: hyperlink or physical location for all	Homework
Week 9-11 Number of lessons: 3 Unit: 3	Eatwell Guide – dairy foods and alternatives.	Previous knowledge of healthy eating and the eatwell guide. Identifying what pupils already know about dairy foods and alternatives	Bridge, claw, fork secure knife skills Food Safety/Hygiene Using the grill	Pupils will learn about different dairy foods and how they provide us with vitamins and minerals to help our bodies grow/develop. Pupils will complete their fifth practical task, demonstrating the basic knife skills/safe use of the grill independently.	Pupils will be assessed on their basic knife skills/safe use of the hob through their demonstration of these during practical. The assessment will be recorded in a Practical skills assessment booklet. This will be done during the 2 nd and 3 rd lesson of the unit. Pupils will be assessed on their knowledge of dairy foods through booklet tasks and through the second evaluation (key assessment).	Powerpoint - all shared on google drive/staff drive. Recipe copies in folder outside room	Homework task 2 "Eating for Energy".
Resources and general notes							

Week by Week SCHEME OF WORK & ASSESSMENT for (Food And Cookery – Unit 4-6, Year 7).

Date/Week	Subject content/Topic	Knowledge base – link to previous learning	Skills in focus	Students' programme of study and activities	Assessment: method, feedback and improvement – shared with all	Resources: hyperlink or physical location for all	Homework
Week 12-14 Number of lessons: 3 Unit: 3 Dates:	Eatwell Guide – meat and alternatives.	Previous knowledge of healthy eating and the eatwell guide. Identifying what pupils already know about meat and alternatives	Bridge, claw, fork secure knife skills Food Safety/Hygiene Using the oven	Pupils will learn about different dairy foods and how they provide us with vitamins and minerals to help our bodies grow/develop. Pupils will complete their fifth practical task, demonstrating the basic knife skills/meat prep and safe use of the oven independently.	Pupils will be assessed on their basic knife skills/meat prep and safe use of the oven through their demonstration of these during practical. The assessment will be recorded in a Practical skills assessment booklet. This will be done during the 2 nd and 3 rd lesson of the unit. Pupils will be assessed on their knowledge of meat and alternatives through booklet tasks.	Powerpoint - all shared on google drive/staff drive. Recipe copies in folder outside room	
Resources and general notes							
Date/Week	Subject content/Topic	Knowledge base – link to previous learning	Skills in focus	Students' programme of study and activities	Assessment: method, feedback and improvement – shared with all	Resources: hyperlink or physical location for all	Homework
Week 15-17 Number of lessons: 3 Unit: 5 Dates:	Developing practical skills, learning how to demonstrate the rubbing in method.	Previous knowledge of healthy eating and the Eatwell guide. Developing practical skills –the rubbing in method.	Bridge, claw, fork secure knife skills Rubbing in method Food Safety/Hygiene	Pupils will learn about different dairy foods and how they provide us with vitamins and minerals to help our bodies grow/develop. Pupils will complete their fifth practical task, demonstrating the basic knife skills/safe use of the oven independently.	Pupils will be assessed on their basic knife skills/safe use of the oven through their demonstration of these during practical. The assessment will be recorded in a Practical skills assessment booklet. This will be done during the 2 nd and 3 rd lesson of the unit. Pupils will be assessed on their demonstration of the rubbing in method and through the third evaluation (key assessment).	Powerpoint - all shared on google drive/staff drive. Recipe copies in folder outside room	Homework task 3 – Revision for KS3 exam.
Resources and general notes							
Date/Week	Subject content/Topic	Knowledge base – link to previous learning	Skills in focus	Students' programme of study and activities	Assessment: method, feedback and improvement – shared with all	Resources: hyperlink or physical location for all	Homework
Week 18-19 Number of lessons: 3	Recap of all knowledge learned over the year.	Health and Safety Germs and bacteria Healthy Eating Basic knife skills How to use the hob/grill/cooker safely.	Identify Explain Compare List Describe	All work completed in books and pupils complete the end of year exam to show progress made.	Revision homework Exam paper.	Powerpoint - all shared on google drive/staff drive. Stationery Homework Exam paper	