PENSBY HIGH SCHOOL- SCHEME OF LEARNING Food and Cookery Course Overview — Year 8

Brief description of course: An introduction into nutrients and their functions in the body. Pupils will be developing their practical skills and developing their understanding of making good quality healthier option products.

<u>Term 1 (7 weeks)</u>	Term 2 (8 weeks)	Term 3 (6 weeks)
Week 1 Recap of H+S/eat well guide (baseline test)	Week 4- Nutrients work/flashcards and end of topic	Week 8- 10 Demo making goujons – second set of
Week 2- 3 Nutrients work/flashcards and end of topic	test (key assessment – flash card test).	skills (using bridge/claw/weighing/meat
test (key assessment – flash card test).	Week 5 – 7 Demo of making burgers – first set of skills	prep/coating/baking) (assessment) Goujons.
	(using bridge/claw – technical knife skills – small dice	
	(assessment) Burgers.	
Term 4 (6 weeks)	Term 5 (6 weeks)	Term 6 (7 weeks)
Week 11 - 13 Demo making a healthy stir	Week 14 – 16 Demo of making Bolognese	Week 17 Revision of theory/skills and exam.
fry/comparing against takeaway versions - third set of skills (using bridge/claw/weighing/stir frying)	sauce/comparing against ready-made sauces - fourth set of skills (using bridge/claw/weighing/ technical	Week 18 – 19 Jam jar fruit trifles.
(assessment) Stir fry.	knife skills/meat prep) (assessment) Bolognese sauce.	Practicals form part of key assessments (grades
		achieved ticked off in booklets).
		Activities week

Unit of Work – Summative Information – Food and Cookery – Year 8

Year /Group	Unit or Activity	Focus – skills and knowledge development	(Subject) Programme of Study Reference	Curriculum, learning opportunities	PLTS	Number of lessons	
8	Healthy eating and nutrients and their functions	Developing knowledge of nutrients and their functions/sources.	Understand and apply the principles of nutrition and health	Pupils will have 3/4 lessons to recap/ cover the theory of the eatwell guide, Nutrition, exploring the jobs they do in the body and sources of these.	 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 	4	
	1	(Subject) Learni	ng Objectives		Cross Curricular Objec	tives	
Knowledge You can ex Identifying You can re allocated t	e: cplain how to nutrients g: cognise sections of the o more than one section	_	and the risks of deficiencies. ety of nutrients and be able t	technical knife skills. o recognise that many foods can be	Literacy: developing knowledge/und words Numeracy: being able to demonstrate out/measuring ingredients and timing Thinking Skills: knowledge, compress application and evaluation ICT: can be used for extended home Communication: through design wo evaluations SMSC: developing awareness of the after themselves through diet and not some content of the service of the	te weighing ng accurately. nension, work tasks. rk and	
		ria / Expectations – including form	Resources	Continuity and Progression (link/development of			
	(How: metho	od / criteria. When : i.e. timing		previous learning objectives/units/achievement			
		hrough a baseline test which recaps ased on the Nutrients work learned.		Powerpoint/projector Y8 flight path sheet Baseline test Flash card assessment	Knowledge learned will be further used when planning future practicals and evaluating the nutritional content of dishes made.		

Unit of Work – Summative Information – Food And Cookery – Year 8

Year /Group	Unit or Activity	Focus – skills and knowledge development	(Subject) Programme of Study Reference	Curriculum, learning opportunities	PLTS	Number of lessons	
8	Healthy eating and Nutrients and their functions Protein and alternative proteins Uses of eggs	Developing knowledge of nutrients and their functions/sources. Identifying what pupils already know about meats and alternatives.	Understand and apply the principles of nutrition and health Become competent in a range of cooking techniques	Pupils will have one lesson to cover the theory of Nutrition, exploring the jobs protein does in the body and sources of this – focussing on protein and alternatives. Pupils will have one lesson to cover the theory of eggs and their uses, exploring the jobs protein does in the body and sources of this. Pupils will have 2 lessons to practice and demonstrate their knife skills and meat prep skills during the making of their burgers and goujons.	 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 	6	
	1	(Subject) Learning Objectives		Cross Curricular Objectives		
Knowledge: You can expl You can expl Identifying: You can reco	You can explain why different people chose to have different diets –vegan, pescetarian and vegetarian. You can explain the different functions egg has in a product and it nutritional value. Identifying: You can recognise sections of the eat well guide, identify a wide variety of nutrients and be able to recognise that many foods can be allocated to more than one section. You can correctly identify the technical knife skills and explain which ingredients you would prepare using these. Content:				Literacy: developing knowledge/understanding of Numeracy: being able to demonstrate weighing out/measuring ingredients and timing accurately. Thinking Skills: knowledge, comprehension, applic evaluation ICT: can be used for extended homework tasks. Communication: through design work and evaluation SMSC: developing awareness of the way pupils loo themselves through diet and nutrition.	ation and	
Assessment Criteria / Expectations – including formative and feedback (How: method / criteria. When: i.e. timing By whom:) Pupils will be assessed on their technical knife skills through their demonstration of these				Resources	Continuity and Progression (link/development of pre- learning objectives/units/achievements)		
du	ring practical. The asses		a Practical skills assessment book		Skills demonstrated will continue to be used/devel future practicals.	oped in	

Unit of Work – Summative Information – Food And Cookery – Year 8

Year	Unit or	Focus – skills and	(Subject) Programme of Study	urriculum, learning opportunities	PLTS	Number of	
/Group	Activity	knowledge	Reference			lessons	
,	,	development					
8	Healthy eating and Nutrients and their functions Multicultural foods	Developing awareness of diets of others and the impact this has on their health Developing knowledge and awareness of foods from around the world. Analysing/comparing ready-made food products against the TLS	Understand and apply the principles of nutrition and health Become competent in a range of cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniques cooking techniq	Pupils will have one lesson to learn next set of skills for making a multicultural dish. Pupils will be given 2 lessons to complete the practical dish to demonstrate new skills.	explore issues, events or problems from different perspectives plan and carry out research, appreciating the consequences of decisions 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	
		(Subje	ect) Learning Objectives		Cross Curricular Object	ctives	
Skills: You can read and follow your recipe and demonstrate decision making and the application of a broad range of preparation and cooking techniques with accuracy and awareness of safety e.g. frying, chopping, stir frying You can understand and cook a varied range of dishes and ingredients and can modify these to create recipes that meet current healthy eating guidelines and different needs (e.g. vegetarian). Knowledge: You can explain and group different foods correctly by type. You can explain in detail the factors which affect food choices and link this to diets from around the world. Identifying: You can identify a wide variety of nutrients and be able to recognise that many foods can be allocated to more than one section. Content: Literacy: developing knowledge/understar words Numeracy: being able to demonstrate wei out/measuring ingredients and timing accurate wei out/measuring ingredients and timing accurate weilon. Thinking Skills: knowledge, comprehension evaluation ICT: used for research project for each councemunication: through design work and SMSC: developing awareness of foods and around the world. Content:							
You can explain the current healthy eating advice and relate it to your diet and others Assessment Criteria / Expectations – including formative and feedback Resources Continuity and Progression (link/development of previo							
		riteria / Expectations – includir hthod / criteria. When : i.e. ti	Continuity and Progression (link/devel learning objectives/units/achi				
as	ipils will be assessed	on their skills through their de	monstration of these during practical. The sment booklet. This will be done during the	Powerpoint/projector Y8 flight path sheet Skill assessment booklet Kitchen equipment/aprons Recipes	Skills demonstrated will continue to be used/developed future practicals.		

Year /Group	knowledge development Study Reference opportunities		Curriculum, learning opportunities	PLTS Num o less		
8	Recipe adaptation	Developing knowledge of how to adapt a recipe to create a healthy homemade version of a ready made sauce.	 Understand and apply the principles of nutrition and health Become competent in a range of cooking techniques 	Pupils will have one lesson to recap the importance of cooking from scratch and the skills needed. Pupils will have 2 lessons to practice and demonstrate the selected method for making Bolognese – suitable for children.	 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) Lear	ning Objectives		Cross Curricular Objectives	
Bolognese You can de You can co Knowledge You can ex Identifying You can co You can ide	sauce. monstrate good qual mpare/analyse your o : plain how you have a : rrectly identify the skentify different ingree	ity control of making your bo dish against ready made versi dapted the recipe to make it tills needed to ensure quality of dients used and explain the fu	lognese ons. more nutritionally beneficial fo control is used efficiently. nctions of the nutrients.		Literacy: developing knowledge/understanding of key Numeracy: being able to demonstrate weighing out/m ingredients and timing accurately. Thinking Skills: knowledge, comprehension, applicatio evaluation ICT: can be used for extended homework tasks. Communication: through design work and evaluations SMSC: developing awareness of the way pupils look af themselves through diet and nutrition.	neasuring on and s iter
Α		Expectations – including forr riteria. When: i.e. timing	native and feedback By whom:)	Resources	Continuity and Progression (link/development of p learning objectives/units/achievements)	revious
 Pupils will be assessed on their quality control 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 2nd and 3rd lesson of the unit. 				Powerpoint/projector Y8 flight path sheet Skill assessment booklet Kitchen equipment/aprons	Skills demonstrated will continue to be used/develope practicals.	ed in future

Recipes

Week by Week SCHEME OF WORK & ASSESSMENT for (Food and Cookery – Unit 1-3, Year 8).

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 - 4	Healthy Eating and Nutrition	Previous knowledge of healthy eating, the eat	Identify and explain.	Pupils will identify nutrients found in our foods and what jobs they do	Pupils will be assessed on their knowledge of nutrition and healthy eating through the	Powerpoint - all shared on google drive/staff	Homework task 1 "My Food Diary"
	Technical knife skills – to	well guide and nutrients.		in the body.	use of a baseline test and end of topic test.	drive.	Prep for practical.
Number of	prepare and make a healthy			Develop awareness of health eating	·		
lessons: 4	version snack product.	Basic knife skills		and how we can make our own			
				healthier versions of popular			
Unit: 1		Food safety/hygiene		products.			
	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
	Nutrient focus – Protein (its	Previous knowledge of	Bridge and claw	Pupils will learn about the	Pupils will be assessed on their practical	Powerpoint - all shared	Intervention task will
Week 5 - 7	sources and functions in the	healthy eating, the	Brunoise	importance of Protein in the diet,	skills through their demonstration of these	on google drive/staff	be given to pupils who
	body).	eatwell guide and	Measuring/weighing	its functions and sources.	during practical. The assessment will be	drive.	do not show progress
Number of		nutrients.	Mixing		recorded in a Practical skills assessment		<mark>in end of topic</mark>
lessons: 3	Food safety/hygiene with		Binding	Pupils will complete their first	booklet. This will be done during the 2 nd and	Recipe copies in folder	<mark>assessment.</mark>
	meat prep.		Shaping	practical task, demonstrating their	3 rd lesson of the unit.	outside room	
Unit: 2			Meat Prep Food Safety/Hygiene	practical skills and food safety to make burgers.			Prep for practical.
	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
	Nutrient focus – Alternative	Previous knowledge of	Bridge and claw	Pupils will learn about alternative	Pupils will be assessed on their practical skills	Powerpoint - all shared	Homework task 2
Week 8-10	Proteins (its sources and	healthy eating. The	Measuring/weighing	protein food products and their	through their demonstration of these during	on google drive/staff	"Exploring
	functions in the body).	eatwell guide and	Mixing	nutritional value.	practical. The assessment will be recorded in a	drive.	ingredients."
Number of		protein.	Beating		Practical skills assessment booklet. This will be		
lessons: 3	Product Analysis (if time)		Coating	Pupils will complete their second	done during the 2 nd and 3 rd lesson of the unit.	Recipe copies in folder	Prep for practical.
		Identifying what pupils	Baking	practical task, demonstrating	Pupils will be assessed on their knowledge	outside room	
Unit: 3	Food safety/hygiene .	already know about	Meat//fish prep	their practical skills and food	through their evaluation.		
		alternative proteins		safety to make goujons.			
		available.	Food Safety/Hygiene				
	Resources and general notes						

Week by Week SCHEME OF WORK & ASSESSMENT for (Food and Cookery – Units 3-5, Y8).

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 11-13 Number of lessons: 3 Unit: 3	Takeaways and healthy eating - Chinese cuisine.	Identifying any previous knowledge about Chinese foods and foods/dishes which originate from there.	Bridge and claw Knife techniques: Julienne Brunoise Meat prep Using the hob –stir frying/sauteing	Pupils will learn about the risks associated with takeaway meals and why it is healthier to make them yourself. Pupils will complete their third practical task, demonstrating their practical skills and food safety to make Chow mein/stir fry.	Pupils will be assessed on their practical skills through their demonstration of these during lesson. The assessment will be recorded in a Practical skills assessment booklet. Pupils will be assessed on their knowledge through their evaluation.	Powerpoint - all shared on google drive/staff drive. Food Around the world textbooks/sheets Stationery Recipe copies in folder outside room	Homework task 3 "Change 4 life – at home" Prep for practical.
	Resources and general notes		I		I	1	1
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 14-17 Number of	Ready-made foods and healthy eating – Italian cuisine.	Identifying any previous knowledge about Italian foods and foods/dishes which	Bridge and claw Knife techniques: Julienne Brunoise	Pupils will learn about the risks associated with ready-made ingredients and why it is healthier to make them yourself.	Pupils will be assessed on their practical skills through their demonstration of these during lesson. The assessment will be recorded in a Practical skills	Powerpoint - all shared on google drive/staff drive. Stationery	Homework task 4 "Special dietary needs." Prep for practical.
lessons: 3	Demo of making Bolognese sauce	originate from there.	Meat prep Using the hob –stir	Pupils will complete their fourth practical task, demonstrating their	assessment booklet.	Ready-made food examples	
Unit: 4			frying/sauteing	practical skills and food safety to make a Bolognese sauce.	Pupils will be assessed on their knowledge through their evaluation.	Recipe copies in folder outside room	
	Resources and general notes	I			<u> </u>		
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 Unit: 5	Recap of all knowledge learned over the year.	Nutrients Healthy Eating Technical knife skills Takeaways – risks Ready-made foods - risks	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	Homework task 5 "Revision for exam"