

<b>Scheme of Learning:</b>	<b>Year 7 Introduction to food</b>
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**Prior Learning**

This is the beginning of my journey in food at Lode Heath School, in year 7 I will lay down the foundations and skills needed to continue my journey in food.

**Objectives:**

- **KNOWLEDGE:** I will understand why we need to follow high levels of personal hygiene in the kitchen and learn about food poisoning, the causes and how to prevent it.
- **SKILLS:** I will develop a variety of technical cooking skills including the rubbing in method, how to make a batter and how to use the hob and the oven independently.

Week	Tasks	Literacy	Homework	RAG
1	<ul style="list-style-type: none"> <li>• THEORY - Hazards in the kitchen.</li> <li>• PRACTICAL – Fruit Salad using the bridge and claw holds</li> </ul>	Cross Contamination Knife safety Bridge and claw holds Personal hygiene Hazards	INGREDIENTS - Fruit salad	
2	<ul style="list-style-type: none"> <li>• THEORY – Learning how to use the hob/oven/grill safely.</li> <li>• PRACTICAL- Toasties using the hob</li> </ul>	Oven Hob Trivet Bums Grill	INGREDIENTS- Toasties	
3	<ul style="list-style-type: none"> <li>• THEORY – 4c's of food safety</li> <li>• PRACTICAL- Pizza scones</li> <li>• EVALUATE: Self reflect – how could I improve next time?</li> </ul>	Cleaning Cooking Cross contamination Chilling Danger zone	INGREDIENTS- Pizza scones	
4	<ul style="list-style-type: none"> <li>• ASSESSMENT 1 - Fruit crumble using the rubbing in method</li> <li>• EVALUATE: Self reflect – how could I improve next time?</li> </ul>	High Risk Food Cross Contamination Salmonella E-coli Rubbing in method	INGREDIENTS - Fruit crumble/oven proof dish REVISION - Preparation for assessment	
5	<ul style="list-style-type: none"> <li>• THEORY - Food poisoning</li> <li>• PRACTICAL – Pasta Bake</li> </ul>	Cross Contamination Salmonella E-coli Hob	INGREDIENTS - Pasta Bake	
6	<ul style="list-style-type: none"> <li>• PRACTICAL – Chocolate muffins</li> <li>• EVALUATE: Self reflect – how could I improve next time?</li> </ul>	Weighing Baking Food poisoning Health and safety	INGREDIENTS- Chocolate muffins	
7	<ul style="list-style-type: none"> <li>• THEORY – Closing the GAP TIME</li> <li>• ASSESSMENT 2 THEORY – 30 minutes knowledge test</li> </ul>	Weighing Baking Oven gloves	INGREDIENTS - Festival/seasonal recipe	
8	<ul style="list-style-type: none"> <li>• PRACTICAL – Festival/seasonal recipe</li> <li>• CLOSING THE GAP – Reteach 3 main misconceptions from test</li> </ul>	High Risk Food Cross Contamination Food poisoning Knife safety Bridge and claw holds	End of rotation	

GCSE Food	Careers
Students produce a 3-course meal, a food science experiment and cover a broad range of food knowledge	Food teacher, chef, pastry chef, waiter, restaurant manager, food designer, food taster and developer, nutritionist and many more...