

Year 7 - Scheme of Learning				
Word Rich - Oracy, Vocabulary, Reading, Writing	Character (SMSC & Values)	Careers & Employability	Enrichment & Cultural Capital	Equality, Diversity & Inclusivity
<ul style="list-style-type: none"> ❖ Recipes ❖ Evaluation 	<ul style="list-style-type: none"> ● Nutrition ● Health and wellbeing 	<ul style="list-style-type: none"> ● 	<ul style="list-style-type: none"> ● Nutrition 	<ul style="list-style-type: none"> ●
Formal Assessments (Title/Date)				
<ul style="list-style-type: none"> ❖ Design - Prezzo pizza ❖ Manufacture ❖ Knowledge test 				
Unit of Work	Knowledge and Skills	Curriculum Links and Sequencing	National Curriculum <i>(including KS2)</i>	
Introduction to Food Technology + Eatwell guide (2 Lessons)	<ul style="list-style-type: none"> ★ <i>Health and safety of the food room</i> ★ <i>Learning Journey of food rotation</i> ★ <i>Eatwell Guide introduction</i> 	<p>→</p>	<ul style="list-style-type: none"> ● understand and apply the principles of a healthy and varied diet (KS2) ● understand and apply the principles of nutrition and health (KS3) 	
Fruit and Vegetables. (2 Lessons)	<ul style="list-style-type: none"> ★ <i>Seasonality of food (Sustainability)</i> ★ <i>The role of fruit and vegetables in the diet</i> ★ <i>Basic knife skills</i> ★ <i>Rubbing in method</i> ★ <i>Method and instruction writing</i> ★ <i>Solidifying kitchen safety and routines</i> ★ <i>Practical= Fruit crumble, fruit to change depending on rotation due to season change)</i> 	<ul style="list-style-type: none"> → Skill 2 AQA (bridge and claw). → Skill 3 AQA (Preparing fruit and vegetables). 	<ul style="list-style-type: none"> ● Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed. (KS2). ● Understand and apply the principles of a healthy and varied diet (KS2) 	

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<p>Dairy (3 Lessons)</p>	<ul style="list-style-type: none"> ★ <i>Food hygiene (high risk foods)</i> ★ <i>Method writing (reduced scaffolding)</i> ★ <i>Sensory analysis of food</i> ★ <i>The role of dairy in the diet and lactose intolerance</i> ★ <i>Making a roux</i> ★ Practical= Healthy Macaroni Cheese. 	<ul style="list-style-type: none"> → Skill 2 AQA (bridge and claw). → Skill 8 AQA (sauce making, roux). → Skill 3 AQA (Preparing fruit and vegetables). 	<ul style="list-style-type: none"> ● <i>Become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes</i>
<p>Proteins (2 Lessons)</p>	<ul style="list-style-type: none"> ★ <i>The role of protein in the body and alternative sources.</i> ★ <i>Method/ Instruction writing with no scaffolding.</i> ★ <i>Food hygiene (cross contamination)</i> ★ <i>Basic knife skills.</i> ★ Practical= Bolognese or chilli sauce. 	<ul style="list-style-type: none"> → Skill 10 AQA (making, Shaping and finish dough) → Skill 3 AQA (Preparing fruit and vegetables). 	<ul style="list-style-type: none"> ● Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet ● Become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes.

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<p>Assessment + Carbohydrates. (5 Lessons)</p>	<ul style="list-style-type: none"> ★ <i>Understanding a design brief</i> ★ <i>Researching a brief.</i> ★ <i>Designing + Peer assessment</i> ★ <i>Assessment of knowledge.</i> ★ <i>Recap rubbing in technique</i> ★ <i>Dough making (Kneading and shaping)</i> ★ Practical= Pizza including a minimum of 3 vegetables. 	<ul style="list-style-type: none"> → AQA Skill 4, using the oven. Baking → Skill 3 AQA (Preparing fruit and vegetables. 	<ul style="list-style-type: none"> ● Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet ● Become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes.
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Year 8 - Scheme of Learning				
Word Rich - Oracy, Vocabulary, Reading, Writing	SMSC & Values	Careers & Employability	Enrichment & Cultural Capital	Equality, Diversity & Inclusivity
<ul style="list-style-type: none"> ❖ Recipes ❖ Evaluation 	<ul style="list-style-type: none"> ● Nutrition ● Health and wellbeing 	<ul style="list-style-type: none"> ● 	<ul style="list-style-type: none"> ● Nutrition 	<ul style="list-style-type: none"> ● Cuisines from around the world
<p>Formal Assessments (Title/Date)</p>				

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- ❖ Design - Belmond British Pullman
- ❖ Manufacture
- ❖ Knowledge test

Unit of Work	Knowledge and Skills	Curriculum Links and Sequencing	National Curriculum <i>(including KS2)</i>
Introduction to Food technology + Health and safety recap (2 Lessons)	<ul style="list-style-type: none"> ★ <i>Familiarisation to new food room layout and organisation</i> ★ <i>Recap of Food hygiene</i> ★ <i>Solidify Eatwell guide knowledge.</i> ★ <i>Group work to create a poster about the Eatwell guide.</i> 	→	<ul style="list-style-type: none"> ● Understand and apply the principles of nutrition and health ● Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet ● Become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes.
Sustainability of food + food production.	<ul style="list-style-type: none"> ★ <i>To know what is meant by the terms;</i> <i>Locally produced</i> <i>Organic</i> <i>Food miles</i> <i>Food waste</i> ★ <i>Solidify what makes a good method and how to write a method.</i> ★ <i>How to use up food at home.</i> ★ <i>Chopping techniques (slicing and dicing vegetables).</i> 	<ul style="list-style-type: none"> → Unit 3.1 (AQA), Food provenance. → AQA Skill 4 (Using an oven, baking) → Skill 8 AQA (sauce making, reduction) → Skill 3 AQA (Preparing fruit and vegetables). 	<ul style="list-style-type: none"> ● Understand and apply the principles of nutrition and health ● Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet ● Become competent in a range of cooking techniques [for example,

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	<p>★ <i>Making a tomato based sauce + reduction.</i> Practical= Bake at home Pasta bake.</p>		<p>selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes.</p>
<p>Exploring Indian Cuisine.</p>	<p>★ <i>How climate effects food choice</i> ★ <i>Health and safety working with chicken</i> ★ <i>How spices are used.</i> ★ <i>Evaluating</i> ★ <i>Seasoning</i> ★ <i>Checking for readiness</i> Practical= Chicken/ vegetable curry</p>	<p>→ Unit 3.5 Food choice. → Judge and Modify sensory properties (AQA) → Skill 2 (Even and accurate cutting of meats and fish, AQA) → Skill 8 AQA (sauce making, reduction) → Skill 9 AQA (marinate)</p>	<ul style="list-style-type: none"> ● Understand and apply the principles of nutrition and health ● Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet ● Become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes.
<p>Exploring Mediterranean Cuisine.</p>	<p>★ <i>The foods are used in Mediterranean cuisine</i> ★ <i>The factors that make the Mediterranean diet healthy?</i> ★ <i>How their diet is different from the UK</i></p>	<p>→ Unit 3.5 Food choice. → Judge and Modify sensory properties (AQA) → AQA Skill 4 (Using an oven, roasting) → AQA Skill 6 (Water based cooking)</p>	<ul style="list-style-type: none"> ● Understand and apply the principles of nutrition and health ● Cook a repertoire of predominantly savoury dishes so that they are able to

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	<ul style="list-style-type: none"> ★ <i>Cooking with pulses</i> ★ <i>Evaluating</i> ★ <i>Roasting</i> ★ <i>Cooking with pulses.</i> <p>Practical= Roast Vegetable couscous.</p>	<p>methods)</p> <p>→ Skill 3 AQA (Preparing fruit and vegetables.</p>	<p>feed themselves and others a healthy and varied diet</p> <p>Become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes.</p>
<p>Exploring Turkish Cuisine</p>	<ul style="list-style-type: none"> ★ <i>Exploring chickpeas and their uses</i> ★ <i>Seasoning</i> ★ <i>Shaping and forming</i> ★ <i>Knife skills</i> <p>Practical= Homemade falafel pitta</p>	<p>→ Skill 7 AQA (Prepare, combine, shape)</p> <p>→ Skill 3 AQA (Preparing fruit and vegetables.</p>	<ul style="list-style-type: none"> ● Understand and apply the principles of nutrition and health ● Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet ● Become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes.
<p>Assessment</p>	<ul style="list-style-type: none"> ★ <i>Understanding a design brief</i> ★ <i>Researching a brief.</i> ★ <i>Designing + Peer assessment</i> 	<p>→ Unit 3.5 Food choice.</p> <p>→ Judge and Modify sensory properties (AQA)</p>	<ul style="list-style-type: none"> ● Understand and apply the principles of nutrition and health

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	<ul style="list-style-type: none"> ★ <i>Assessment of knowledge.</i> ★ <i>Practical= Making a main meal of choice.</i> 	→ Skill 3 AQA (Preparing fruit and vegetables.	<ul style="list-style-type: none"> ● Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet ● Become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes.
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Year 9 - Scheme of Learning

Word Rich - Oracy, Vocabulary, Reading, Writing	SMSC & Values	Careers & Employability	Enrichment & Cultural Capital	Equality, Diversity & Inclusivity
<ul style="list-style-type: none"> ❖ Recipes ❖ Evaluation 	<ul style="list-style-type: none"> ● Nutrition ● Health and wellbeing 	<ul style="list-style-type: none"> ● 	<ul style="list-style-type: none"> ● Nutrition 	<ul style="list-style-type: none"> ●
Formal Assessments (Title/Date)				
<ul style="list-style-type: none"> ❖ Design ❖ Manufacture ❖ Knowledge test 				
Unit of Work	Knowledge and Skills	Curriculum Links and Sequencing	National Curriculum (<i>including KS2</i>)	

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<p>Introduction to module + kitchen safety + 8 Healthy tips</p>	<ul style="list-style-type: none"> ★ <i>Introduction to food room, recap of kitchen safety and hygiene</i> ★ <i>To know what the 8 healthy tips for eating are and why it is important</i> 	<p>→</p>	<ul style="list-style-type: none"> ●
<p>Starchy Carbohydrates</p>	<ul style="list-style-type: none"> ★ <i>To know what fibre is and why it's important</i> ★ <i>To know the characteristics of whole grain and white flour through practical investigation.</i> ★ <i>To know the benefits of fibre</i> ★ <i>Frying foods</i> ★ <i>To cook with Wholegrains</i> ★ <i>Introduction of dovetailing in a method</i> <p>Practical= Egg fried brown rice</p>	<p>→</p>	<ul style="list-style-type: none"> ● Understand and apply the principles of nutrition and health ● Understand the source, seasonality and characteristics of a broad range of ingredients ● Become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]
<p>Eat more fish</p>	<ul style="list-style-type: none"> ★ <i>To know what the benefits of fish are.</i> ★ <i>To cook with fish safely and hygienically</i> ★ <i>Shaping</i> ★ <i>Coating foods for cooking.</i> ★ <i>Writing a time plan including dovetailing</i> ★ <i>Enhanced knife skills to cut fish</i> <p>Practical= make homemade fish fingers.</p>	<p>→ AQA Skill 2 (Even and accurate cutting of meats and fish)</p> <p>→ Skill 7 AQA (Prepare, combine, shape)</p>	<ul style="list-style-type: none"> ● Understand and apply the principles of nutrition and health ● Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet ● Become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients;

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			adapting and using their own recipes.
Saturated Fat	<ul style="list-style-type: none"> ★ <i>To know what the different fats are and what foods should be avoided</i> ★ <i>To know the health implications of eating foods high in saturated fat</i> ★ <i>To know why unsaturated fat is important</i> ★ <i>Steaming</i> ★ <i>Making a sauce</i> ★ <i>Working with high risk foods</i> ★ <i>Using a Wok</i> ★ <i>Writing a time plan with dovetailing</i> <p>Practical= Fake away- Chow main (with protein of choice)</p>	<ul style="list-style-type: none"> → Skill 2 AQA (Slice, dice, cut into even pieces) → Skill 6 AQA (Dry heat, stir frying) → Skill 3 AQA (Preparing fruit and vegetables). 	<ul style="list-style-type: none"> ● Understand and apply the principles of nutrition and health ● Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet ● Become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes.
Fruit and Vegetables	<ul style="list-style-type: none"> ★ <i>To explore different fruits, sensory analysis.</i> ★ <i>Cutting different fruits well.</i> ★ <i>Fine tuning presentation skills</i> ★ <i>Making a dip</i> ★ <i>Seasoning</i> ★ <i>Knife skills</i> <p>Practical= Homemade Hummus + vegetable sticks</p>	<ul style="list-style-type: none"> → Skill 2 AQA (Slice, dice, cut into even pieces) → Skill 5 AQA (use of a blender/ food processor) → Skill 3 AQA (Preparing fruit and vegetables). 	<ul style="list-style-type: none"> ● Understand and apply the principles of nutrition and health ● Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet ● Become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients;

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			adapting and using their own recipes.
Assessment (Breakfast)	<ul style="list-style-type: none"> ★ <i>Understanding a design brief</i> ★ <i>Researching a brief.</i> ★ <i>Designing + Peer assessment</i> ★ <i>Assessment of knowledge.</i> <p>Practical= Designing and presenting a breakfast dish.</p>	→	<ul style="list-style-type: none"> ● Understand and apply the principles of nutrition and health ● Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet ● Become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes.