

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Cycle 1	Kitchen Safety Effective handwashing Working safely and hygenically. Rules of the kitchen		Food Safety & Storage The 4Cs (Cross-contamination, Cleaning, Cooking, Chilling) High risk foods	Independent & Confident Cooking Skills Baselining core skills Recap of core skills Making a deli salad Making a pizza baguette	Health & Dietary Needs Eatwell plate Health issues surrounding sugar	Weighing and measuring Flap jacks Sensory evaluation	Food origins, seasonality & Developing cooking skills Growing food - where and how vegetables are grown. Seasons effect food production Making veggie tarts Making mini carrot and orange cakes											
Cycle 2			Food Safety & Storage Used by dates, transporting food safely. Examples of common bacteria causing food poisoning.	Independent & Confident Cooking Skills Baselining core skills Recap of core skills Making vegetable soup Making haloumi and vegetable skewers	Health & Dietary Needs Eatwell plate Health issues surrounding fat	Weighing and measuring Bakewell Tarte Sensory evaluation	Food origins, seasonality & Developing cooking skills Rearing food - where and how vegetables are grown. Seasons effect food production Seasonal frittata Fruit crumble											
Year 9			Food Safety & Storage Food allergies & cross contamination	Independent & Confident Cooking Skills Baselining core skills Recap of core skills Making a cous cous salad Making a veggie wrap	Health & Dietary Needs Eatwell plate Understanding food labels	Weighing and measuring Battenburg ensory evaluation	Food origins, seasonality & Developing cooking skills Catching food - where and how vegetables are grown. Food is processed and processed. Pasta salad with roasted veg Stuffed peppers											

19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
Focus on carbs Portion size Sources Benefits for the body Food choices depend on age, need,, religion, personal preferences, seasons and costs. Cooking with protein				World Cuisines & Culture - Italy What is food culture Understanding sauces Sensory evaluaion					All about breads & cakes Where does flour come from All in one method Rubbing in method					Meeting a design brief						
Focus on protein Portion size Sources Benefits for the body Food choices depend on age, need,, religion, personal preferences, seasons and costs. Cooking with protein				World Cuisines & Culture - China					All about breads & cakes Understanding eggs Creaming method Whisking method Melting method Adjusting ratios					Meeting a design brief						
Focus on dairy Portion size Sources Benefits for the body Food choices depend on age, need,, religion, personal preferences, seasons and costs. Cooking with dairy				World Cuisines & Culture - India					Ethical & Sustainability					Meeting a design brief						