

YEAR: 7	MODULE/UNIT TITLE: Healthy Eating	DURATION: 20 hours (10 weeks)
<p>Unit Summary: students will:</p> <ul style="list-style-type: none"> <li>◆ become familiar with (and more confident in) the cooking area;</li> <li>◆ learn (recap) the safe use of a knife;</li> <li>◆ use basic kitchen equipment;</li> <li>◆ use the oven safely (grill, hob, oven);</li> <li>◆ Prepare a range of fresh ingredients, e.g. peeling, grating; weigh and measure ingredients.</li> </ul>	<p>Theme: Britain Focus: Healthy Eating Context: Basic Culinary skills</p> <p>Fruit salad (cutting skills, peel, bridge hold, claw grip, chopping, dicing and slicing)</p> <p>Pizza toast (cutting, using the grill, spreading and grating)</p> <p>Leek &amp; potato soup (peeling, cutting, using the hob, simmering, boiling and stirring.</p> <p>Scones (mixing, sieving, measuring, rub-in-method, kneading, rolling, shaping, brushing and using the oven</p> <p>Cheese &amp; potato bake (peeling, boiling, draining, mashing and grilling)</p> <p>Biscuits (mixing, measuring, rub-in-method, rolling, shaping, cutting, decorating and baking</p> <p>Carrot cup cakes (measuring, all in one mix, spooning per portion, grating, cutting, icing and baking)</p>	<p>Literacy Objectives: <u>Key words:</u> bridge hold, claw grip, peel, core, slice, grill, grate, weigh, saucepan, hob, oven, bake, dice, simmer, nutrition, specification, evaluation, healthy breakfast, balanced diet, eat well plate.</p>

LESSON	TOPIC	LESSON CONTENT	RESOURCES	ASSESSMENT	HOMEWORK
1	Health, hygiene and safety induction booklet	To understand the health, hygiene and safety in Food design technology room.	Induction booklet PowerPoint presentation	Questions and answer Peer assessment Self-assessment	Design a hygiene and safety poster that could be displayed in the food room

2	Health, hygiene and safety induction booklet	To complete the induction booklet and be certified for food hygiene & Safety	Induction booklet	Questions and answer Peer assessment Self-assessment	
3	Healthy breakfast  7 Nutrients and their function  Demonstration how to make fruit salad	To understand the Importance of Breakfast & Fruit in Diet.  To identify the 7 nutrients and their functions	PowerPoint presentation Images of Healthy & unhealthy breakfast meals Eat well plate Nutrients guidelines	Questions and answer Peer assessment Self-assessment	Research on 3 fruits and write down a fact about each one  Buy ingredients for fruit salad
4	Practical fruit salad	To make fruit salad using basic cutting skills  To demonstrate how to peel, cutting, slice and chop fruits  To use the bridge hold and claw grip  To follow all health and safety rules	Recipe cards	Teacher observation through pupils practical tasks and giving feedback on cutting skills, presentation and time management Teacher to feedback students attainment and effort levels for their dish Self-assessment	
5	Evaluation for fruit salad Mind map pizza toast toppings  Product specification	To evaluate fruit salad  To Brainstorm Pizza toast toppings  To write up a product specification	Evaluation sheets  Worksheets	Feedback from theory and practical tasks, teacher give levels and targets, Students to answer the assessment questions	Design 2 pizza toast recipe for a) For a vegetarian person b) For a person that needs protein in their diet
6	Design ideas  Development of final pizza toast with detailed annotation Demonstration pizza toast	To sketch 3 initial design ideas  To Finalise design idea of pizza toast with detailed annotations	Worksheets  Exemplar work of design ideas and final design idea	Questions and answer Peer assessment	Buy ingredients for pizza toast
7	Practical Pizza toast	To make pizza toast  To use the grill safely	Recipe cards	Teacher observation through pupils practical tasks and giving feedback on cutting skills, safety	

				using grill, presentation and time management Teacher to feedback students attainment and effort levels for their dish Self-assessment	
8	Evaluation Step by step plan of pizza toast	To Evaluate pizza toast.  To create a step by step plan of recipe	Worksheets	Questions and answer Evaluation	
9	Classification of vegetables  Demonstration cheese & potato bake	To identify classification of vegetables  To understand the importance of vegetables in our diet	Worksheets  Power point presentation	Questions and answer	Research and present 5 dishes that include vegetables as the main ingredient & annotate & label each dish
10	Practical Cheese & potato bake	To make cheese and potato bake  To Use the Hob and Grill.  To be able to use small equipment	Recipe cards	Teacher observation through pupils practical tasks and giving feedback on cutting skills, using the hob, presentation and time management Teacher to feedback students attainment and effort levels for their dish Self-assessment	Show/present selection of 4 dishes that includes potato as the main ingredient
11	About potatoes and ways of cooking it  Demonstration scones	To understand the main nutrients of potatoes  To identify types of potatoes and their cooking methods	Worksheets Actual examples of measuring equipment	Questions and answer	Complete evaluation (strength and weakness and improvement)
12	Practical Scones	To make Scones using range of cooking techniques such as baking, mixing, kneading, rolling, shaping and glazing.	Recipe cards	Teacher observation through pupils practical tasks and giving feedback on measuring skills, mixing, kneading, shaping, using the oven, correct temp, presentation and time management	Complete evaluation (sensory analysis)

				Teacher to feedback students attainment and effort levels for their dish Self-assessment	
13			Recipe cards	Teacher observation through pupils practical tasks and giving feedback on cutting skills, grating, peeling, mixing, mashing, using the grill safely, correct temp, presentation and time management Teacher to feedback students attainment and effort levels for their dish Self-assessment	Complete evaluation sheet
14	Taste testing	To taste test different biscuits	Worksheets	Questions and answer Peer assessment Self-assessment	Research 5 different biscuits and label product name, price, weight, ingredients etc.
15	Design ideas  Demonstration short bread biscuits	To Design selection of biscuit ideas	Worksheets	Questions and answer Peer assessment Self-assessment	
16	Practical Short bread biscuits	To make short bread biscuits	Recipe cards	Teacher observation through pupils practical tasks and giving feedback on measuring skills, mixing, kneading, shaping, using the oven, correct temp, presentation and time management Teacher to feedback students attainment and effort levels for their dish Self-assessment	

17	Design biscuit package  Demonstration carrot cup cakes	To design a packaging for short bread biscuit	Worksheets Colours Package template	Questions and answer	Revise for end of term test
18	Practical carrot cup cakes	To be able to follow recipe  To follow correct safety points when using an oven  To use correct cooking methods such as all in one mixing  Able to weigh ingredient with correct tools such as scales/ table spoons  Able to make quality carrot cup cakes	Recipe cards	Teacher observation through pupils practical tasks and giving feedback on measuring skills, all in one mixing, using the oven, correct temp, presentation and time management Teacher to feedback students attainment and effort levels for their dish Self-assessment	
19	Evaluation Assessment booklet	To write a detailed evaluation  To set individual targets	Worksheets Assessment booklets	Feedback from theory and practical tasks, teacher give levels and targets, Students to answer the assessment questions Evaluation	Revise for test
20	Test based on health, hygiene, safety, healthy eating and basic culinary skills	End of term test	Test paper	Summative/formative assessment	

YEAR: 8	MODULE/UNIT TITLE: Making Fast Food Healthier	DURATION: 20 hours (10 weeks)
<p>Unit Summary: students will:</p> <ul style="list-style-type: none"> <li>◆ Use selection of fresh &amp; suitable ingredients to make fast food more healthier</li> <li>◆ Students will be aware of alternative healthy way to cook fast food</li> <li>◆ Students will use range of equipments to enhance their cooking skills</li> <li>◆ Students will be aware of range of spices, cooking styles, chine diet and culture</li> <li>◆ Students will be able to work independently and make selection of healthy dishes</li> <li>◆ Students will research, design, plan, make and evaluate their dishes</li> <li>◆ Student will complete an end of term test and review their levels</li> </ul>	<p>Theme: China Focus: Making Fast Food Healthier Content: Culture and cooking styles</p> <p><b>Vegetables stir fry noodles</b> (cutting, peeling, seasoning, using the wok, stir frying, boiling and draining)</p> <p><b>Egg fried rice with peas</b> (boiling, draining, cutting, peeling, seasoning, using the wok, stir frying and beating.</p> <p><b>Spring rolls</b> (cutting, slicing, peeling, using the wok, shaping spring rolls, shallow frying.</p> <p><b>Chinese vegetable soup</b> (cutting, peeling, seasoning, using the hob, simmering, stirring, boiling and garnishing )</p> <p><b>Cookies</b> (measuring, mixing, beating, creaming, spooning portion, greasing, baking and grating)</p>	<p>Literacy Objectives:</p> <p><b>Listening &amp; speaking:</b> Reading recipe planner Describe taste, texture when evaluating Summarise the questionnaire and research</p> <p><b>Reading:</b> List range of recipes and dishes Identify skills, nutritional value and suitability of the ideas</p> <p><b>Writing:</b> essay writing when evaluating strength, weakness, improvement of project, end of term test. <b>SPAG:</b> all written work</p>

LESSON	TOPIC	LESSON CONTENT	RESOURCES	ASSESSMENT	HOMEWORK
1	Prior knowledge test	Prior knowledge test	Induction booklet PowerPoint presentation	Questions and answer Peer assessment Self-assessment	
	Health and safety booklet	Health and safety fire safety  Health and safety in the kitchen	Booklet	Questions and answer Peer assessment Self-assessment	Complete health and safety booklet

2	<p>Chinese culture and their diet</p> <p>Ingredient, cooking techniques, and specialist equipment used</p> <p>Demonstration stir fry vegetables with noodles</p>	<p>To list ingredients used in Chinese dishes.</p> <p>To understand the culture and their diet in China</p> <p>To understand how to cook more healthier fast food</p> <p>To identify specialist equipment and cooking techniques used in Chinese dishes</p>	<p>Worksheet</p> <p>Exemplar work</p>	<p>Questions and answer</p>	<p>Culture / history of China, show map</p> <p>What kind of herbs and spices they use in cooking?</p> <p>What types of dishes do they make?</p> <p>Show selection</p> <p>State 5 interesting facts about the country?</p> <p>Bring container for dish</p>
3	<p>Practical 1: Make stir fry</p>	<p>To make stir fry vegetables with noodles</p> <p>To use suitable ingredients</p> <p>To use suitable cutting skills &amp; Techniques</p>	<p>Recipe cards</p>	<p>Teacher observation through pupils practical tasks and giving feedback on cutting skills, safety using hob ,wok, presentation and time management</p> <p>Teacher to feedback students attainment and effort levels for their dish</p> <p>Self-assessment</p>	<p>Complete herbs. Spices and sauces sheet</p>
4	<p>Evaluation of stir fry</p> <p>Product analysis of fast food.</p>	<p>To evaluate stir fry dish</p> <p>Product analysis of fast food, compare and contrast.</p>	<p>Worksheets</p>	<p>Questions and answer</p> <p>Evaluation</p>	<p>Design a healthy fast food menu card, research on Chinese fast food takeaway meals.</p>
5	<p>Observation / demonstration</p>	<p>Demonstrate how to make egg fried rice</p> <p>Step by step plan</p>	<p>Recipe cards</p> <p>Visual observation</p>	<p>Questions and answer</p>	<p>bring food container</p>
6	<p>Practical 2: Make Egg fried rice</p>	<p>To make egg fried rice</p> <p>To follow recipe planner</p>	<p>Recipe cards</p>	<p>Teacher observation through pupils practical tasks and giving feedback on cutting skills, safety using the hob, presentation and time management</p>	<p>Create a glossary for the following key terms:</p> <p>Bamboo shoots , Black rice vinegar</p> <p>Chilli sauce , Cloves, Dofu , Five spice powder, Pak Choy, Satay sauce</p> <p>Shiitake mushrooms</p>

				Teacher to feedback students attainment and effort levels for their dish Self-assessment	
7	Design ideas  Demonstration spring rolls	To brainstorm ideas for fillings, flavors and spices for spring rolls  To design selection of dishes that include filo pastry (spring rolls)	Worksheets Exemplar work	Questions and answer Peer assessment Self-assessment	bring food container
8	Practical 3: Make spring rolls	To make vegetable spring rolls	Recipe cards	Teacher observation through pupils practical tasks and giving feedback on cutting skills, safety using the hob, presentation and time management Teacher to feedback students attainment and effort levels for their dish Peer/ Self-assessment	Complete Chinese diet and equipment/ingredients sheet
9	Research on soups  Demonstration Chinese vegetable soup	Research on different types of Chinese soup Looking suitable ingredients for soup  Demonstration Chinese vegetable soup	Worksheets	Questions and answer Peer assessment Self-assessment	Research on Chinese soup dishes and bring food container
10	Practical 4: Make Chinese vegetable soup	To make Chinese vegetable soup	Worksheets	Questions and answer Peer assessment Self-assessment	Research on food packaging
11	Introduction to packaging	To design and make packaging for your vegetable soup.	Recipe cards	Teacher observation through pupils practical	Bring food container

		Demonstration how to make almond cookies		tasks and giving feedback on cutting skills, safety using the hob, presentation and time management Teacher to feedback students attainment and effort levels for their dish Peer/Self-assessment	
12	Practical 5: Make almond cookies	To make almond cookies	Worksheets Exemplar work	Questions and answer Peer assessment Self-assessment	
13	Functions of ingredients	To complete function of ingredients sheet Complete essay questions based on preparing and cooking.			Revise for test
14	Sensory analysis	Final evaluation (essay writing literacy assessment) based on sensory analysis of one dish.	Worksheets	Questions and answer Peer assessment Self-assessment Evaluation	Revise for test
15	Assessment and test	End of term test Complete and set individual target sheets	Test papers	Formative/ summative assessment	End

YEAR: 9	MODULE/UNIT TITLE: fruit & Vegetable	DURATION: 10 - 12 hours (1/2 a term)
<p>Unit Summary: During this project pupils will be designing and making selection of fruit and vegetable dishes.</p> <p>a) Investigate the importance of fruit &amp; Vegetables in our diet            (b) Develop a range of interesting dishes using range of skills            (c) Plan a course of action for making a selection of dishes            (d) Make and present the selection of dishes.            (e) Evaluate your work.</p>	<p>Design and make selection of dishes that include fruits and vegetables</p> <p><b>Design task: Fruit and vegetables</b> are an essential part of the daily diet. Explore and produce four dishes to encourage greater use of fruit and/or vegetables.</p>	<p>Literacy Objectives: Keywords : Health and safety, current issues, balanced diet, nutrients, flavours, herbs and spices, function, dietary needs, special dietary needs, target market, cost, nutritional value, evaluating, plan of action, development of ideas, experimental work, primary and secondary research, product analysis, questionnaire and sensory analysis.</p>

LESSON	TOPIC	LESSON CONTENT	RESOURCES	ASSESSMENT	HOMEWORK
1	Preparation for fruit and vegetable project	<ul style="list-style-type: none"> <li>• Explain the project guidelines and marking criteria</li> <li>• Show examples of high, medium and low work</li> <li>• Introduce Task</li> <li>• Interpretation of the task</li> </ul>	PowerPoint slides Text books	Peer assessment on high medium and low coursework	Front cover Classification of fruit and vegetables
2	Interpretation of the task	<ul style="list-style-type: none"> <li>• Introduce Task one control assessment</li> <li>• Interpretation of the task</li> </ul>	Project booklet	Questions and answer	Research on Classification of fruit and vegetables And dishes
3	Research page	<ul style="list-style-type: none"> <li>• Research / investigation page</li> <li>• Questionnaire</li> </ul>	Project booklet Project booklet Internet Leaflets, information booklets posters	Questions and answer	Primary research Shop survey market research Find recipes
4	Development of ideas	<ul style="list-style-type: none"> <li>• Look at recipe books and internet for fruit and vegetable dishes</li> <li>• Design ideas of range of fruit and</li> </ul>	Project booklet Examples of development of ideas	Questions and answer Peer assessment Self-assessment	Complete development of ideas

		<ul style="list-style-type: none"> <li>vegetable dishes</li> <li>Discuss skills, cost, time, suitability of each dish</li> </ul>			
5	Selection & Rejection of ideas	<ul style="list-style-type: none"> <li>Justification of selection and rejection of dishes</li> <li>Refer to design task</li> </ul>	Project booklet Examples of selection & rejection of ideas	Questions and answer Peer assessment Self-assessment	Make adjustment to final chosen recipes and Print them Buy ingredients for experimental work
6	Experimental work	<ul style="list-style-type: none"> <li>Select one dish and practice the dish and evaluate it</li> <li>Explain what things would you adapt and improve on</li> </ul>	Project booklet Evaluation sheet with word descriptors Student recipe planners	Teacher observation through pupils practical tasks and giving feedback on taste, texture, presentation and time management Peer assessment	Evaluate experimental work Write your strength and weakness and improvement
7	Planning & Making	<ul style="list-style-type: none"> <li>Select 1 and create a detailed step by step plan of making it</li> <li>Must include health, hygiene and safety points</li> </ul>	Project booklet		Buy ingredients for dish recipe 1 & 2
8	Practical	<ul style="list-style-type: none"> <li>Make final dishes</li> <li>Make sure you follow your recipe planner</li> <li>Dish 1</li> <li>Dish 2</li> </ul>	Project booklet Evaluation sheet with word descriptors Student recipe planners	Teacher observation through pupils practical tasks and giving feedback on taste, texture, presentation and time management Peer assessment	Buy ingredients for dish recipe 3 & 4
9	Practical	<ul style="list-style-type: none"> <li>Make final dishes</li> <li>Make sure you follow the recipe planner</li> <li>Dish 3</li> <li>Dish 4</li> </ul>	Project booklet Evaluation sheet with word descriptors Student recipe planners	Teacher observation through pupils practical tasks and giving feedback on taste, texture, presentation and time management Peer assessment	Revise for end of term test and complete mini evaluation of all 4 dishes made
10	Evaluation / test Hand in project	<ul style="list-style-type: none"> <li>Evaluation of final dishes made and end of term test</li> </ul>	Evaluation sheet with word descriptors Test	Summative assessment Formative assessment	n/a