

Term	Date	Focus	Summary	Learning Outcomes
Term 2	02/01/23	Healthy LunchBox	Health & Safety/Food Hygiene	To understand health & Safety/Food Hygiene in the Food Technology room.
	09/01/23		Eatwell Guide	Introduction to the Eatwell Guide, what it is and the 5 main sections.
	16/01/23		Knife Skills- Theory	Knife skills and how to use a knife correctly, claw grip and bridge hold.
	23/01/23		Fruit Salad.	Fruit Salad Practical. Applying knife skills, understanding how Enzymic Browning occurs.
	30/01/23		Pizza Toast Theory	Pizza toast creation and considering healthier options. Whats in your lunch box classroom survey.
	06/02/23		Pizza Toast Practical	Pizza Toast Practical. Applying Knife Skills when making pizza toast.
	13/02/23			
	20/02/23	Healthy LunchBox	Energy Bar Theory	Basic Carbohydrate theory: Functions/sources of carbohydrates.
	27/02/23		Energy Bar practical	Energy Bar Practical: Applying carbohydrates knowledge when making energy bars.
	06/03/23		Fruit Muffins Theory	Raising agents theory knowledge.
	13/03/23		Fruit Muffins: Practical	Fruit Muffins Practical. Applying raising agents knowledge when making fruit muffins.
	20/03/23		Project Evaluation.	To evaluate progress and identify key areas of misconception.