

Term	Date	Focus	Summary	Learning Outcomes
Term 3	10/04/23	Healthy LunchBox	Health & Safety/Food Hygiene	To understand health & Safety/Food Hygiene in the Food Technology room.
	17/04/23		Eatwell Guide	Introduction to the Eatwell Guide, what it is and the 5 main sections.
	24/04/23		Knife Skills- Theory	Knife skills and how to use a knife correctly, claw grip and bridge hold.
	01/05/23		Fruit Salad.	Fruit Salad Practical. Applying knife skills, understanding how Enzymic Browning occurs.
	08/05/23		Pizza Toast Theory	Pizza toast creation and considering healthier options. Whats in your lunch box classroom survey.
	15/05/23		Pizza Toast Practical	Pizza Toast Practical. Applying Knife Skills when making pizza toast.
	22/05/23		Energy Bar Theory	Basic Carbohydrate theory: Functions/sources of carbohydrates.
	29/05/23		Energy Bar practical	Energy Bar Practical: Applying carbohydrates knowledge when making energy bars.
	05/06/23		Fruit Muffins Theory	Raising agents theory knowledge.
	12/06/23		Fruit Muffins Theory	Raising agents theory knowledge.
	19/06/23		Fruit Muffins: Practical	Fruit Muffins Practical. Applying raising agents knowledge when making fruit muffins.
	26/06/23		Dirt Time	Dedicated self reflection and improvement time.
	03/07/23		Project Evaluation.	To evaluate progress and identify key areas of misconception.