

Term	Week	Focus	Summary	Learning Outcomes	Learning skills
<b>Term 1.1</b>	1	Health & Safety/ Food Hygiene	Introduction to the hazards and rules for Health & safety & food hygiene in the kitchen	To understand Basic Health & Safety/Food Hygiene in the Food Technology. Identify hazards and suggest preventative procedures	Agile thinking Enquiring
	2	The Eatwell Guide	Filling in The Eatwell Guide to their own diet. Learning about each section.	To understand the importance of eating a variety of different foods from the Eatwell Guide. To understand the importance of eating the correct proportions of each section of the guide for a healthy balanced diet. To plan a suitable savory meal for a teenager that meets all the advice of the Eatwell guide.	Enquiring Hard working
	3	Energy balance	Learn about how energy is sourced in food, how it works in the body and different sources of energy within different foods.	To be able to identify what energy is sourced from particular foods and how it is used and stored	Hard working Linking
	4	Decorative breakfast toast	Creating decorative toast with added ingredients of their own toast	To critically think about the arrangement of ingredients in presentation of final dish.	Collaborative learning Agile Thinking
	5	Carbohydrates	Learning about Carbohydrates and the different sources/functions.	To confidently explain the different functions and sources of Carbohydrates. To describe the effects of a deficiency or excess of protein in the diet. To understand the amount of Carbohydrates needed at different life stages	Hard working Linking
	6	Energy bar	Making an energy bar from scratch with some own choices of added ingredients	Using the hobs to heat up and bind ingredients together with a syrup/honey to create a solid bar.	Creative learning Linking

<b>Term 1.2</b>	1	Transferring heat	Learning about how heat is transferred in different cooking techniques	Have a solid understanding of how heat is transferred when cooking and how it differs between techniques.	Collaborative Linking
	2	Shakshuka	Cooking the tomato ragu with eggs cracked in.	Learning how to cook eggs fry & steam combination successfully	Hard working Linking
	3	Senses	Learning about how judge food using the senses	Be able to fill in a star diagram evaluation and sensory chart successfully	Analytical thinking Critical thinking
	4	Fruit scones	Making scones with fruit of their choice, and understanding how raising agents work	Making scones that have risen correctly and cooked all the way through.	Creative learning Hard working
	5	Evaluation	Evaluating the appearance of the decorative toast, highlighting successes and suggesting improvements	Be able to critically Analyse own dish from earlier in the rotation (1 <sup>st</sup> practical)	Analytical learning Evaluative Collaborative
	6	Evaluation part two	Evaluating using the senses for a few previous practical dishes, highlighting successes and suggesting improvements	Be able to critically Analyse own dish from earlier in the rotation.	Analytical learning Evaluative Hard working