



			<p>Why the heaviest ingredient is listed on a label first.</p> <p>When is water listed on a label.</p>	<p>How nutrition labels help us understand what the food is made up of.</p>		<p>A 'whats on a Label' chart for it.</p>
3	<b>Food Packaging</b>	<p>To gain knowledge and understanding of Food Packaging.</p> <p>Suitable materials used for food packaging.</p> <p>Advantages and disadvantages.</p> <p>How recycling centres take many different types of household waste for recycling.</p> <p>Become familiar with the recycling logo which indicates that the food packaging can be recycled.</p>	<p>To Know the types of Food Packaging .</p> <p>Materials used</p> <p>Advantages and disadvantages.</p>		<p>Answer questions and activities on food packing.</p> <p>Design a 3D recyclable food package for a food of your choice.</p> <p>Materials to use :</p> <p>Card, paper, Fabric.</p>	
4	<b>Basic proportions and methods of making : Biscuits and cookies.</b>	<p>To research and gain knowledge and understanding of the basic proportions of biscuits and cookies.</p> <p>How added ingredients can change the flavours and textures of biscuits and cookies.</p> <p>Ingredients could include:</p> <p>Orange/ lemon zest</p> <p>Orange/ lemon juice</p> <p>Chocolate chips</p>	<p>To know The basic proportions and methods of making biscuits &amp; cookies.</p> <p>To Know the difference between a Biscuit and a Cookie.</p>			

		<p>Coconut Cherries Raisins/saltana's Butter.</p> <p><b>Practical Planning :</b></p> <p>Research a recipe for biscuits/cookies to make in next weeks lesson.</p> <p>Record ingredients needed from home.</p>	<p><b>Practical planning:</b></p> <p><b>Task:</b></p> <p>Plan, prepare and make a batch of cookies/biscuits to make in next weeks lesson.</p>		<p>Collect ingredients needed form home for next weeks practical session.</p>
5	<p><b>Practical session- Biscuits and cookies.</b></p>	<p><b>Practical session</b></p> <p>Prepare and make chosen dish by following a recipe accurately.</p> <p><b>Evaluate outcome.</b></p>	<p><b>Practical session:</b></p> <p>Prepare and make a batch of cookies/ biscuits</p> <p>Evaluate outcome.</p>		
6	<p><b>Scones</b></p> <p><b>Practical planning</b></p>	<p>To gain knowledge and understanding of the basic proportions of scone mixtures.</p> <p>Added ingredients to add variety to scones.</p> <p>Faults in scone making.</p> <p>Research a sweet or savoury scone reipe to prepare and make in next weeks lesson.</p> <p>Record ingredients needed from home.</p>	<p>To know the basic proportions of scone mixtures and variations.</p> <p>To know Faults in scone making.</p> <p><b>Practical planning</b></p> <p><b>Task:</b></p> <p><b>Plan, prepare and make a batch of sweet /savoury scones for an afternoon tea.</b></p>		<p>Complete home work</p> <p>Collect ingredients for next weeks practical session.</p>

	7	<b>Practical session:</b> <b>Sweet / savoury scones.</b>	Prepare and make chosen scone dish by following a recipe accurately. Evaluate results.	Prepare and make a batch of sweet / savoury scones for an afternoon tea. Evaluate outcome.		
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Term	Week	Focus	Summary	Learning Outcomes	Parental Support	Independent Learning
1B	1	<b>Cake making methods-</b> <b>Cakes made by the creaming method.</b>  <b>Practical planning</b>	To gain knowledge and understanding on the process of making cakes using the two 'creaming methods'.  Points to remember when making creamed mixtures and Faults in creamed cakes.  Research and choose a cake using the creaming method.  Record ingredients needed from home.	To know the two methods of creaming in cake making.  Points to remember when making creamed mixtures.  Common faults in a creamed cake.  Task: Plan, prepare and make a cake using the creaming method:  Possible dishes: Victoria sponge cake Chocolate cake.		Complete homework.       Collect ingredients for next weeks lesson.
	2	<b>Practical Session – The creaming method</b>	Prepare and make chosen cake to illustrate the use of the creaming method.  Follow a recipe accurately to prepare and make the cake.	Prepare and make a dish to illustrate the use of the creaming method in cake making.		

			Evaluate outcome.			
3	<b>The melting method</b>		<p>To gain knowledge and understanding of the melting method in cake making.</p> <p>To research recipes using the melting method.</p> <p>Choose one to make in next weeks lesson.</p> <p>Record ingredients needed from home.</p>	<p>To know how to prepare and make a cake using the melting method.</p> <p>Points to remember when making melted mixtures.</p> <p>Common faults in a melted mixture.</p> <p>Simple cake decorations.</p> <p><b>Practical planning</b></p> <p>Task:</p> <p>Plan, prepare and make a cake to illustrate the melting method.</p> <p>Possible dishes:</p> <p>Eggless chocolate cake.</p> <p>Gingerbread.</p> <p>Orange marmalade cake.</p>		<p>Research a variety of cakes and treats which use the melting method of cake making.</p>
4	<b>Practical session</b>		<p><b>Make chosen cake recipe to illustrate the melting method.</b></p> <p><b>Follow a recipe accurately.</b></p> <p><b>Evaluate outcome.</b></p>	<p>Prepare and make chosen cake recipe to illustrate the melting method.</p> <p>Evaluate outcome.</p>		

5	<p><b>The rubbing-in method of cake making.</b></p> <p><b>Practical planning</b></p>	<p><b>To gain knowledge and understanding of the Rubbing –in method of cake making.</b></p> <p><b>This includes points to remember and common Faults.</b></p> <p><b>Research various cakes using the rubbing –in method.</b></p> <p><b>Research and choose a recipe to make in next weeks lesson.</b></p> <p><b>Record ingredients needed from home.</b></p>	<p>To know the common faults in rubbed-in mixtures.</p> <p>Points to remember when making rubbed-in mixtures.</p> <p>To identify various cakes using this method.</p> <p><b>Practical planning</b></p> <p><b>Task: Plan, prepare and make a cake to illustrate the use of the rubbing-in method.</b></p> <p><b>Possible dishes:</b></p> <p><b>Rock buns</b></p> <p><b>Fruit cake</b></p> <p><b>Marmalade cakes.</b></p>		<p>Collect ingredients needed for next weeks lesson.</p>
6	<p><b>Practical session:</b></p> <p><b>The rubbing – in method</b></p>	<p>Prepare and make a cake using the rubbing in method and evaluate outcome.</p>	<p>Prepare and make chosen cake recipe to illustrate the rubbing-method.</p> <p>Evaluate outcome.</p>		
7	<p><b>The whisking method</b></p>	<p>To gain knowledge and understanding of the whisking method in cake making.</p>	<p>To know the ingredients needed for the whisking method of cake making.</p> <p>Points to remember when making whisked mixtures.</p>		<p>Research a variety of cakes and tray bakes using the whisking method.</p>

		<b>Practical planning</b>	Points to remember and common faults in whisked mixtures.  Choose a cake recipe to make in week 1, term 2A to show the use of the whisking method.	Common faults in a whisked cake.  <b>Practical planning</b>  <b>Task: Plan, prepare and make a cake to illustrate the use of the whisking method.</b>		Collect ingredients for your cake.

Term	Week	Focus	Summary	Learning Outcomes	Parental Support	Independent Learning
2A	1	<b>Practical session:</b>  <b>The whisking method of cake making</b>  Evaluate outcome.	Follow a recipe accurately and prepare and make chosen cake to illustrate the use of the whisking method.	To prepare and make chosen cake recipe to illustrate the use of the whisking method.  Evaluate results		
	2	<b>Introduction to Pastries.</b>  <b>Short crust</b> <b>Flaky</b> <b>Rough puff</b> <b>Choux</b>  <b>Short crust pastry</b>	To gain knowledge and understanding of the four types of pastries.  To gain knowledge and understanding on how to	To Know the Four Basic types of pastries and their uses in cooking.  To know the ratio of fat to flour in shortcrust pastry.		

		<b>Practical Planning</b>	<p>prepare and make short crust pastry.</p> <p>Variations of sweet pastry.</p> <p>How to keep pastry cool.</p> <p>How to identify faults and how to overcome them.</p> <p>Research and choose a sweet or savoury shortcrust pastry recipe to make in next weeks lesson.</p>	<p>Variations in making sweet pastry.</p> <p>Faults in Shortcrust pastry.</p> <p>Oven temperature for baking shortcrust pastry.</p> <p><b>Practical planning</b></p> <p><b>Task: Plan, prepare and make a sweet or savoury dish to illustrate the use of Shortcrust pastry.</b></p> <p><b>Possible dishes:</b></p> <p><b>Curried puffs</b></p> <p><b>Sausage rolls</b></p> <p><b>Chicken pot pie</b></p> <p><b>Corned beef pie.</b></p>		Collect ingredients for recipe.
3	<b>Practical session: Shortcrust pastry</b>	<p>Follow chosen recipe.</p> <p>Prepare and make shortcrust pastry dish.</p>	<p>Prepare and make chosen shortcrust pastry dish.</p> <p>Evaluate outcome.</p>			
4	<b>Rough puff pastry</b>	<p>To gain knowledge and understanding of ingredients and why lemon juice is added to the pastry.</p> <p>Pastry fillings.</p> <p>Faults in Rough puff pastry.</p>	<p>To know the Ingredients needed for rough puff pastry.</p> <p>Method for Rough puff pastry.</p> <p>Rules for rolling and folding the pastry.</p>			

		<b>Practical planning</b>	<p><b>Task:</b> Prepare and make rough puff pastry and leave to chill.</p>	<p>Rules for successful pastry making. Oven temperatures.</p> <p><b>Practical planning</b></p> <p><b>Task: Plan, prepare and make a dish to illustrate the use of rough puff pastry.</b></p> <p><b>Possible dishes:</b></p> <p><b>Sausage plait</b></p> <p><b>Tuna and sweetcorn plait</b></p> <p><b>Fruit Jalousie</b></p>		<p>Research various sweet and savoury recipes using Rough puff pastry.</p> <p>Collect ingredients for next weeks lesson.try.</p>
5		<b>Practical session – Rough puff pastry</b>	<p>Prepare and make chosen rough puff pastry dish by following a recipe accurately.</p> <p>Evaluate outcome.</p>	<p>Prepare and make chosen dish to illustrate the use of Rough Puff Pastry</p> <p>Evaluate outcome.</p>		
6		<b>Choux Pastry</b>	<p><b>To gain knowledge and understanding of Choux pastry.</b></p>	<p>To define what is Choux pastry and the country it's originated from.</p>		<p>Research a variety of sweet and savoury dishes which are made from Choux pastry.</p>

		<b>Practical planning:</b> Choux pastry	<p>Various sweet and savoury recipes using Choux pastry.</p> <p>Its country of origin.</p> <p>Choose and sweet or savoury 'Choux Pastry' dish to make in next weeks lesson.</p>	<p>To know the basic ingredients for choux pastry.</p> <p><b>Task:</b></p> <p>Plan, prepare and make a sweet or savoury dish to illustrate the use of 'Choux' Pastry.</p>		Collect ingredients needed from home.
	7	<b>Practical session:</b>	<p>Prepare and make chosen dish by following a recipe accurately.</p> <p>Evaluate outcome.</p>	<p>Prepare and make chosen sweet or savoury 'Choux pastry' dish.</p> <p>Evaluate Outcome.</p>		

Term	Week	Focus	Summary	Learning Outcomes	Parental Support	Independent Learning
2B	1	<b>Sauces &amp; Batters</b>	<p>To gain knowledge and understanding of sauces and batters.</p> <p>To understand how to make a 'Roux sauce and 'All in one sauce'.</p> <p>Teacher demonstration.</p>	<p>Define 'Sauces' and 'Batters'.</p> <p>How to enhance the flavours of food with a sauce.</p> <p>Consistencies of sauces.</p> <p>How sauces are thickened. (by starch / coagulation of proteins / emulsification of fats/ by a puree)</p> <p>To define 'Batters'</p>		

		<p><b>Batters</b></p> <p>To gain knowledge and understanding of 'what is a batter'.</p> <p>Consistencies of batters and their uses in cooking.</p> <p>Thin batter</p> <p>Coating batter</p> <p>Fritter batter</p> <p><b>Practical planning:</b></p> <p><b>Lasagne – using the Roux method for making the sauce.</b></p> <p>Record Lasagne recipe in exercise books.</p> <p>Record ingredients needed from home.</p>	<p>How to vary consistencies according to their uses in a recipe.</p> <p>,Choose</p> <p>Use the 'Roux Method' of sauce making and prepare and make a lasagne dish.</p>		<p>Collect ingredients from home.</p>
2	<p><b>Practical session:</b></p> <p><b>Lasagne – using the Roux Method</b></p>	<p>Prepare and make a lasagne dish to illustrate the use of the Roux Method in sauce making.</p> <p>Follow a recipe accurately to avoid it becoming spoilt.</p> <p>Evaluate outcome</p>	<p>Prepare and make a lasagne dish using the Roux method for the cheese sauce.</p> <p>Evaluate outcome.</p>		<p>Research a selection of sweet and savoury dishes which uses the 'roux and all in one methods' in a sauce.</p>
3	<p><b>Practical session–</b></p> <p><b>Coating batter</b></p>	<p>Prepare and make a batch of Fish in a coating batter.</p> <p>Evaluate outcome.</p>	<p>Prepare and make a batch of Fish in Batter- St Helenian style to illustrate the use of a coating batter.</p>		

4	<p><b>Yeast products</b></p>	<p>To gain knowledge and understanding of Yeast products.</p> <p>To produce a variety of sweet and savoury dishes using Yeast as an ingredient.</p>	<p>To know the ingredients needed for sweet and savoury yeast mixtures.</p> <p>Types of yeast.</p> <p>Choice and functions of ingredients.</p> <p>Bread making using the traditional and chorley wood process.</p> <p>Changes during the baking of bread.</p> <p>Faults in breadmaking.</p>		<p>Reasearch a variety of sweet and savoury recipes which uses Yeast as a raising agent.</p>
5	<p><b>Practical planning:</b></p> <p><b>Two yeast dishes.</b></p> <p><b>A sweet and savoury dish using Yeast as an ingredient.</b></p>	<p>Record recipe for chosen dishes and ingredients needed from home for the <b>first practical session-</b></p> <p><b>Savoury Yeast dish.</b></p> <p><b>Possible dishes</b></p> <p>Pizza</p> <p>Bread rolls</p> <p>Bread Loaf</p> <p><b>Possible Sweet Yeast dishes:</b></p> <p><b>Chelsea Buns</b></p> <p><b>Cinnamon Buns</b></p>	<p><b>Task:</b></p> <p><b>Plan, prepare and make a Sweet &amp; savoury dish to illustrate the use of Yeast in cooking.</b></p>		<p>Collect ingredients for next weeks practical session.</p> <p><b>A savoury Yeast dish.</b></p>

			<b>Fruit Buns.</b>			
	6	<b>Practical session: Savoury Yeast dish</b>	Follow recipe accurately and prepare and make chosen dish. Evaluate outcome.	Prepare and make chosen savoury yeast dish. Evaluate outcome.		Collect ingredients for sweet yeast dish. To be made next week.
	7	<b>Practical session: Sweet Yeast dish</b>	Follow recipe accurately and prepare and make chosen dish. Evaluate outcome.	Prepare and make chosen Sweet Yeast dish. Evaluate outcome.		

Term	Week	Focus	Summary	Learning Outcomes	Parental Support	Independent Learning
<b>3A</b>	1	<b>Raising Agents:</b>	To gain knowledge and understanding of Mechanical and chemical raising agents.  To include bicarbonate of soda, baking powder and Yeast as a raising agent.  Air, carbon dioxide, water vapour	To know how raising agents are used to introduce a gas into a mixture.		Experiments with raising agents:  <b>Mechanical raising agents</b>  1) Trapped air in flour 2) Air trapped by egg white. 3) Air trapped by whole egg and sugar 4) Expansion of air.  <b>Chemical raising agents:</b>

						<b>Acidity and alkalinity</b>
2	<b>Food Spoilage and Hygiene</b>	<p>To gain knowledge and understanding of:</p> <p>The action of enzymes</p> <p>Bacteria</p> <p>Yeast</p> <p>Moulds.</p> <p>Mycotoxins</p> <p>Personal, food and kitchen hygiene in shops and markets</p> <p>Food storage at home , refrigeration, waste disposable.</p>	<p>To know how food is spoilt by</p> <p>Bacteria</p> <p>Enzymes</p> <p>Moulds</p> <p>Micro-organisms and other agents.</p> <p>What are pathogenic micro-organisms.</p>			<p>Experiment:</p> <p>Observe and compare the growth of moulds on bread.</p>
3	<b>Food preservation</b>	<p>To gain knowledge and understanding of reasons for preserving food.</p> <p>Methods of preservation and understanding of the principles involved:</p> <p>Heating – canning, bottling.</p>	<p>To know the reasons for:</p> <p>Preserving food.</p> <p>Methods of preservation and an understanding of the principles involved.</p>			Complete homework.

			<p>Removal of moisture – dehydrating.</p> <p>Reduction of temperature - freezing.</p> <p>Chemical preservation – sugar, salt, vinegar.</p> <p>Modified atmosphere packaging.</p> <p>Irradiation.</p>			
4	<p><b>Practical planning :</b></p> <p><b>Jam Making.</b></p>	<p>Choose a Jam recipe to make in next weeks lesson.</p> <p>Record recipe and ingredients needed from home.</p>	<p>Task:</p> <p>Plan prepare and make some homemade Jam to illustrate the use of sugar as a preservative.</p> <p><b>Possible fruit to use:</b></p> <p><b>Local fruits</b></p> <p>Loquats</p> <p>Figs</p> <p>Medlems</p> <p>Guava's</p> <p><b>Imported Fruits</b></p> <p><b>Plums</b></p> <p><b>Pears</b></p>			<p>Research a variety of jam recipes and choose one to make in next weeks lesson.</p> <p>Collect ingredients from home for practical session next week.</p>

	5.	<b>Practical session.</b> <b>Jam making</b>	Prepare and make chosen jam recipe by following a recipe accurately.  Evaluate results.	<b>Strawberries</b>  <b>Prepare and make chosen jam recipe to illustrate the use of Sugar as a preservative.</b>  <b>Evaluate outcome.</b>		
	6	<b>Kitchen planning</b>	To gain knowledge and understanding of the main functions of a kitchen.  How to create cooking areas and equipment for effective use.  Types of kitchens; U-Shaped Parallel L-shaped  Effective cleaning of the kitchen.	To know how to organise cooking areas and equipment for effective work.  To know the use and care of: Work surfaces, Flooring, Walls and wall coverings, Lighting and Ventilation.		Complete homework.  Revise for end of term assessment
	7	<b>Kitchen equipment</b> <b>The Cooker</b>	To gain knowledge and understanding of the choice, use and care of:  Modern cookers	To Know the three main parts of a cooker.  Hob/grill /oven ( advantages of ceramic hobs)		Complete homework



	2	<p><b>Microwave ovens</b></p> <p><b>Practical planning</b></p>	<p>use and care of a refrigerator.</p> <p>To gain knowledge and understanding of how energy can be transmitted in the form of electromagnetic waves.</p> <p>How food is cooked by microwaves.</p> <p>Suitable containers for use in a Microwave oven.</p> <p>Suitable foods</p> <p>Advantages and disadvantages of microwave cooking.</p> <p>How to care for a microwave oven,</p> <p>Copy chosen recipes in exercise books and list foods needed from home for next weeks practical lesson.</p>	<p>Care of refrigerator by defrosting.</p> <p>Storage of food.</p> <p>To know the choice, use and care of microwave ovens.</p> <p>Advantages and disadvantages of microwave ovens.</p> <p>Task: Plan, prepare and make a two course meal which can be cooked in a microwave oven.</p>		<p>To research foods suitable for a two course meal which can be cooked in a microwave oven.</p> <p>Collect ingredients from home for next weeks practical session.</p>
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		To show the use of one of the following pieces of small kitchen equipment: Electric mixer Food processor.				
6	<b>Kitchen Safety &amp; First Aid</b>	To gain knowledge and understanding of potential danger areas in the kitchen.  Safety precautions  First aid for burns and scalds, cuts, electrical shock, fainting.	To become aware of safety hazards in the kitchen and how to avoid them  To know how to carry out first aid in the kitchen.			Produce a poster or leaflet to make people aware of potential dangers in the kitchen and how to overcome them .  Revise for End of Term Assessment
7	<b>Written assessment</b>					