

Food - LTP- SILS3 2020-2021

Year Group	Autumn Term 1 7wks	Autumn Term 2 8wks	Spring Term 1 6wks	Spring Term 2 6wks	Summer Term 1 5wks	Summer Term 2 7wks
Year: 7,8 & 9	<p><u>Nutrition – How to achieve a healthy diet</u></p> <p>Nutrients – Where do they come from?</p> <p>Healthy eating – How to achieve this.</p> <p>Food pyramid – what are they</p> <p>Food groups – classification of foods</p> <p>5 a day – How to achieve this in your diet</p> <p>Uses of food ingredients – Starch how to thicken a soup</p> <p>Cooking with vegetables – using different vegetables</p> <p>Assessment – students to complete a test on Nutrition</p> <p><u>Practical activities</u></p> <p><u>Making healthy soups</u></p> <ol style="list-style-type: none"> 1.Vegetable soup 2. Chicken noodle soup 3. Carrot and coriander soup 4. Tomato soup 5. Potato soup 6. Sweet potato & pumpkin soup 	<p>Baking</p> <p><u>Properties of food ingredients</u></p> <p>Uses of eggs – in cakes</p> <p>Uses of fat – in cakes</p> <p>Uses of flour – in cakes</p> <p>Uses of sugar – in cakes</p> <p><u>Food safety and hygiene – Assessment test</u></p> <p>safety in the kitchen</p> <p>Faults in cake making cake making methods processes and techniques baking with fruits celebratory cake</p> <p><u>Practical activities</u></p> <ol style="list-style-type: none"> 1.Carrot cake 2.Lemon drizzle cake 3.Banana cake 4.Pineapple upside down cake 5.Peach cobbler cake 6.Swiss roll 7.Chocolate cake 8.Victoria sponge cake 	<p><u>Choosing equipment</u></p> <p>Cooking with the hob</p> <p>Cooking with the oven</p> <p>Cooking with a microwave oven</p> <p>Weighing and measuring</p> <p>Pressure cookers and deep fat fryers</p> <p>Mixers and blenders</p> <p><u>Practical activities</u></p> <p><u>Assessment –</u></p> <p>Kitchen safety and equipment</p> <p>Cooking with pasta and sauce</p> <ol style="list-style-type: none"> 1. Spaghetti Bolognese 2.Spaghetti carbonara 3.Macaroni & cheese 4.Lasagne 5.Pasta bake 6.Meat balls & pasta 	<p><u>Cooking methods</u></p> <p>Stewing, Boiling, Frying, Steaming, Roasting, Grilling, Shallow frying, Stir frying, Deep-fat frying</p> <p><u>Assessment</u> – Cooking methods</p> <p><u>Practical activities</u></p> <p>Cooking with pastry</p> <ol style="list-style-type: none"> 1.Spring rolls 2.Quiche 3.Samosas 4.Cornish pasties 5.Jamaican patties 6.Chicken pie 7.Meat pies 8.Apple Pies 	<p><u>Saving money on shopping</u></p> <p>Saving fuel</p> <p>Ready-made foods</p> <p>Cooking for the freezer</p> <p>Using the freezer</p> <p>Costing of food products</p> <p>Putting meals together</p> <p><u>Assessment</u> – How to economise and save money</p> <p><u>Practical activities</u></p> <ol style="list-style-type: none"> 1.Making vegetarian foods 2.Special fried rice 3.Egg fried rice 4.Vegetable Couscous 5.Vegetable quiche 6.Vegetarian curry and rice 7.Vegetarian stir fried noodles 8.Scotch eggs 	<p><u>Uses of kitchen equipment</u></p> <p>Mixers & blenders</p> <p>Hygiene and safety</p> <p>Reasons for choosing foods</p> <p>Slimming diets</p> <p>Cooking for low fat diets</p> <p>Cooking for a high -fibre diet</p> <p>Cooking for breakfast</p> <p>cooking for a special occasion</p> <p>Cooking for packed meals and picnics</p> <p>Making barbecue foods</p> <p>Making salads and cold deserts</p> <p><u>Assessment</u> – Health and hygiene</p> <p><u>Practical activities</u></p> <ol style="list-style-type: none"> 1.Pasta salad 2.Couscous salad 3.Potato salad 4.Coleslaw 5.Chicken salad 6.Prawn salad 7.Fruit salad