

Subject: Food	Year 7	Year 8 – Unit one - Bread	Year 8 – Unit two – Health Eating – focus on sugar, fat, salt
Key Knowledge	<ul style="list-style-type: none"> • Hygiene and safety • Basic Equipment • Basic cake making skills – rubbing in, creaming, melting • Design challenges based on knowledge of ingredients and skills 	<ul style="list-style-type: none"> • Function of ingredients • Multi- cultural breads • Design challenge 	<ul style="list-style-type: none"> • Food Safety • Nutrition
Progression	<ul style="list-style-type: none"> • Building on practical skills using basic methods • Developing confidence and independence in practical lessons 	<ul style="list-style-type: none"> • Develop confidence in practical lessons • Develop confidence in bread making 	<ul style="list-style-type: none"> • Building on practical skills learnt in Year 7 • Focus on more technical skills which puts greater demand on time management and Quality Control
Challenge	<ul style="list-style-type: none"> • Time management with use of time targets • Encouraging creativity with ideas • Demonstrating Quality Control in practical lessons 	<ul style="list-style-type: none"> • Apply knowledge of function of ingredients in the development of bread recipes, focusing on scientific principles 	<ul style="list-style-type: none"> • Making the link between theoretical knowledge of the role of fats, sugar and salt and recipes made
Skills	<ul style="list-style-type: none"> • Creaming • Rubbing In • Melting • Pastry making • Shaping • Sketching and annotation 	<ul style="list-style-type: none"> • Making different types of breads • Kneading and shaping 	<ul style="list-style-type: none"> • How to reduce fat, sugar and salt • Shaping, chopping, portioning, grating, melting methods, healthy family meals
Local/Global	<ul style="list-style-type: none"> • Locally sourced foods • Seasonal foods 	<ul style="list-style-type: none"> • Multi-cultural breads 	<ul style="list-style-type: none"> • Seasonal foods • Local produce • Origins of foods
Assessment	<ul style="list-style-type: none"> • Practical lessons • Homework • Classwork 	<ul style="list-style-type: none"> • Practical lessons • Homework • Classwork • Interpretation of design task 	<ul style="list-style-type: none"> • Application of knowledge of healthy eating guidelines to practical work

Subject:	Year 9 – Unit one – Food and the Environment	Year 9 – Unit two – Food and Nutrition	
Key Knowledge	<ul style="list-style-type: none"> • Food Provenance which links with GCSE specification – overview but with an emphasis on :- • Food wastage • Organic food • Multicultural foods building on skills already learnt 	<ul style="list-style-type: none"> • Food and Nutrition- focus on Nutrients, Special diets and Life stages • Healthy main meals for families 	
Progression	<ul style="list-style-type: none"> • Continue developing skills focusing on the combining of component parts of a recipe 	<ul style="list-style-type: none"> • Meat and vegetable preparation • Sauce making • Revising basic skills 	
Challenge	<ul style="list-style-type: none"> • The use of time to produce technically challenging dishes whilst maintaining quality in a given time 	<ul style="list-style-type: none"> • Demonstrate a wide range of skills which are applied to knowledge of nutrition and special diets 	
Skills	<ul style="list-style-type: none"> • Flaky pastry • Shortcrust pastry • Pasta • Meat sauces • Fruit and veg prep • Layering 	<ul style="list-style-type: none"> • Meat and veg prep • Sauce making • Spicing and flavouring 	
Local/Global	<ul style="list-style-type: none"> • Multicultural recipes e.g Samosas, Thai Curry, Cornish Pasties • 	<ul style="list-style-type: none"> • Multicultural recipes e.g Chilli, Enchiladas, Curry 	
Assessment	<ul style="list-style-type: none"> • Practical lessons • Homework • Classwork 	<ul style="list-style-type: none"> • Practical lessons • Homework • Classwork 	

