

George Stephenson High School Secondary Scheme of Work: Year 7 Food (One double lesson every two weeks)

Unit	Lessons	Key Progression Indicators Knowledge, Understanding and Skills
Unit 1: I am Safe with Food	8	<p>KNOWLEDGE AND UNDERSTANDING: Safe behaviour in Food – rules, Hazards, and risks, creating a risk assessment, evaluating, Safe with equipment- students taught how to use all equipment safely – refer to skills. Safe to eat - The importance of good personal hygiene, how to avoid cross contamination, different types of pathogens. How cookers work, cooking to the correct temperature. The difference between gas and electric cookers,</p> <p>SKILLS: Knife skills- The bridge safety cut, the claw safety cut, how to carry a knife, cutting techniques and preparation for specific fruit and vegetables. Using Equipment: Mixing bowls, graters, measuring spoons, knives, pans, baking trays, wooden spoon, Cooker: Using the hob, using the grill, using the oven. Hygiene and Safety: using a temperature probe, washing up correctly, cleaning effectively, preventing cross contamination, handling meat, use of personal protective clothing and preparing to cook safely. Methods: Rubbing in Method, All in One Method, Numeracy: Measuring liquids, weighing ingredients. Finishing: Shaping and predicting Recipe: Modification and adaptation. How to follow a recipe.</p> <p>Focused Practical Tasks: Fruit Salad (Knife skills), Crumble (oven training and rubbing in method), Cheese on toast (Using the grill and grater). Flapjack (using the hob – melting method) Beef Burger with salad in bun (avoiding cross contamination/ handling raw meat)</p> <p>Progression Indicators: Student performance in 2 Key Assessed Tasks- One practical task (The Beef Burger- avoiding cross contamination) and one written exam- using GCSE style exam questions relevant to the unit (assessed by the teacher).</p>

<p>Unit 2: A taste of the Mediterranean</p>	<p>10</p>	<p>KNOWLEDGE AND UNDERSTANDING: This scheme of work offers a comprehensive exploration of the rich cultures and cuisines of Italy, Morocco, and Greece. Students will embark on a culinary and cultural journey, gaining a deeper understanding of the traditions, ingredients, and flavours that define these three diverse mediterranean regions. This scheme of work is designed to span 10 lessons with each lesson dedicated to one of the three countries, aiming to not only expand students' knowledge of these cultures and cuisines but also promote cross-cultural understanding and appreciation. It encourages students to embrace diversity and explore the world through its flavours and traditions.</p> <p>SKILLS: Knife skills- The bridge safety cut, the claw safety cut, how to carry a knife, cutting techniques and preparation for specific ingredients. Using Equipment: Mixing bowls, graters, measuring spoons, knives, pans, baking trays, wooden spoon, blender. Cooker: Using the hob, oven, and grill. Hygiene and Safety: washing up correctly, cleaning effectively, preventing cross contamination, handling meat, use of personal protective clothing and preparing to cook safely. Methods: rubbing in, boiling, simmering, baking. Numeracy: weigh dry ingredients and measuring liquids Finishing: Presentation and creativity Recipe: Creativity, independence, modification, and adaptation. How to follow a recipe.</p> <p>Focused Practical Tasks: Pizza, mediterranean quiche, Bolognese sauce, Mac 'n' cheese, minestrone soup, focaccia art, Moroccan sausage roll, Croque monsieur, moussaka.</p> <p>Progression Indicators: Student performance in 2 Key Assessed Tasks- One practical task (Croque Monsieur) and one written exam- using GCSE style exam questions relevant to the unit (assessed by the teacher).</p>
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Year 7 Food Calendar

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
UNIT 1: I am safe with food												

Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	Week 26
UNIT 1: I am safe with food			UNIT 2: A taste of the Mediterranean									

Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39
Unit 2: A taste of the Mediterranean												

George Stephenson High School Secondary Scheme of Work: Year 8 Food (One double lesson every two weeks)

Unit	Lessons	Key Progression Indicators Knowledge, Understanding and Skills
Unit 1: I am Safe with Food	6	<p>KNOWLEDGE AND UNDERSTANDING: Safe behaviour in Food – rules, hazards, and risks, Safe with equipment- students taught how now introduced to different types of knives and are trained to use a professional chef’s knife. Professional cutting techniques. Safe to eat - The importance of good personal hygiene, how to avoid cross contamination, different types of pathogens, pest control, The role of the Environmental Health Officer, carrying out food inspections, chilling, freezing, food storage, cooking to the correct temperature. Food poisoning, high-risk foods, low- risk foods, Investigating a food poisoning outbreak. The response to bacterial growth under different temperatures.</p> <p>SKILLS: Knife skills- The bridge safety cut, the claw safety cut, how to carry a knife, cutting techniques and preparation of vegetables- The Baton, Julienne, and Brunoise. Using Equipment: Knives, chopping board, grater, mixing bowl Cooker: Using the hob, using the oven. Hygiene and Safety: using a temperature probe, washing up correctly, cleaning effectively, preventing cross contamination, handling meat, use of personal protective clothing and preparing to cook safely. Finishing: Shaping</p> <p>Focused Practical Tasks: Sausage and egg muffin, Toad in the hole, cutting skills: soup, Progression Indicators: Student performance in 1 Key Assessed Tasks- Cutting techniques practical- vegetable preparation.</p>

Unit 2:	13	<p>KNOWLEDGE AND UNDERSTANDING: Welcome to the culinary journey through the rich and diverse flavours of Middle Eastern cuisine. This scheme of work is designed to immerse you in the artistry of dishes that have been perfected over centuries, influenced by culture, tradition, religion, and climate. Exploring the oldest trade pathways of the silk road and reflecting the cultural tapestry of the Middle East. From aromatic spices to savoury snacks, enjoy creating and tasting as we explore the history, techniques, and vibrant ingredients that define this captivating gastronomic tradition. Get ready to savour the essence of Middle Eastern cuisine in a comprehensive and delectable learning experience. This unit is intentionally designed to take students out of their comfort zone and to try new flavours and to create very different dishes from what they may experience in the UK. This is a cross curricular unit that links to Geography, Religious Education, History, numeracy, politics, and philosophy.</p> <p>SKILLS: Chef Knife skills- The bridge safety cut, the claw grip safety cut, how to carry a knife, cutting techniques and preparation for specific fruit and vegetables. Peeling, cutting onions. Using Equipment: Mixing bowls, graters, measuring spoons, knives, pans, baking trays, wooden spoon. Cooker: Using the hob, using the oven. Hygiene and Safety: washing up correctly, cleaning effectively, preventing cross contamination, handling meat, use of personal protective clothing and preparing to cook safely. Finishing: Presenting dishes</p> <p>Focused Practical Tasks: Falafel, Chicken shawarma, Lamb kofta, Zaatar bread, Pitta and hummus, Egyptian cookies, Spinach, and cheese tartlets and Spiced honey cake.</p> <p>Progression Indicators: Student performance in 4 Key Assessed Tasks- two practical tasks and two written design tasks (assessed by the teacher).</p>
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Year 8 Food Calendar

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
UNIT 1: I am safe with food												UNIT 2

Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	Week 26
UNIT 2: The Middle East												

Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39
UNIT 2: The Middle East												

George Stephenson High School Secondary Scheme of Work: Year 9 Food (One double lesson every two weeks).

Unit	Lessons	Key Progression Indicators Knowledge, Understanding and Skills
Unit 1: Living a healthy lifestyle.	6	<p>KNOWLEDGE AND UNDERSTANDING: Welcome to the enlightening world of nutrition as we embark on a six-lesson scheme designed specifically for Year 9 students. Over the course of this journey, we will unravel the mysteries of healthy eating, exploring the essential components of a balanced diet, decoding nutritional labels, and understanding the impact of our food choices on overall well-being. From the science behind nutrients to practical tips for maintaining a wholesome lifestyle, this scheme is your gateway to making informed decisions about what fuels your body. Let's dive into the fascinating realm of nutrition and empower ourselves with the knowledge to cultivate lifelong habits of wellness.</p> <p>SKILLS: Organoleptic experiences to describe food appearance, taste, aroma, and texture. Chef Knife skills- The bridge safety cut, the claw grip safety cut, how to carry a knife, cutting techniques and preparation for specific fruit and vegetables. Peeling, cutting onions.</p> <p>Focused Practical Tasks: Crisp experiment Fats: cake murder mystery Protein FPT Popcorn chicken</p> <p>Progression Indicators: Student performance in 1 Key Assessed Exam Task.</p>

Unit 2: Flavours from the Far East	13	<p>KNOWLEDGE AND UNDERSTANDING: Embark on a captivating exploration of the Far East through our dynamic scheme of work. As we delve into the culinary treasures of this vast and diverse region, you'll discover the artful balance of flavours, techniques, and traditions that define Far Eastern cuisine. From the intricate beauty of sushi to the bold spices of Southeast Asia, join us on a journey that celebrates the richness and complexity of this extraordinary culinary landscape. Get ready to unravel the secrets behind iconic dishes and develop the skills to create your own masterpieces inspired by the Far East.</p> <p>SKILLS: Chef Knife skills- The bridge safety cut, the claw grip safety cut, how to carry a knife, cutting techniques and preparation for specific fruit and vegetables. Peeling, cutting onions. Using Equipment: Mixing bowls, graters, measuring spoons, knives, pans, baking trays, wooden spoon. Cooker: Using the hob, using the oven. Hygiene and Safety: washing up correctly, cleaning effectively, preventing cross contamination, handling meat, use of personal protective clothing and preparing to cook safely. Methods: Marinading meats, rubbing in, bread making. Numeracy: Measuring liquids, weighing ingredients. Finishing: Presenting dishes</p> <p>Focused Practical Tasks: Japanese sushi, Japanese katsu curry, Chinese spring roll, Vietnamese bun cha, Thai fish cakes, Hawaiian Taro buns, Polynesian curry</p> <p>Progression Indicators: Student performance in 2 Key Assessed Practical Tasks with written evaluation.</p>
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Year 9 Food Calendar

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Unit 1: Living a healthy lifestyle.												Unit 2

Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	Week 26
Unit 2: Flavours from the Far East												

Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39
Unit 2: Flavours from the Far East												