

UNDERSTAND

Vocabulary

Health and safety

Hygiene

Knife skills

Claw grip

Bridge hold

Grill

Fruits

Vegetables

Carbohydrates

Protein

Primary processing

Secondary processing

Sensory analysis

Star diagram

Source

Function

Key Information

You will need to bring in your own ingredients unless you are pupil premium. You will cook twice in a half term. Your practical skills will be assessed.

What you should already

know

Basic principles of good hygiene.

APPLY

Information

Term 1 – Fruit Salad and Deli Salad with Dressing

This term you will learn about healthy balanced diets and consider why breakfast is so important.

You will learn the basic principles of knife skills – including the claw grip and bridge hold.

You will make a fruit salad and a deli salad with dressing.

Term 2 – Pizza Toast and Fish Goujons

This term you will study about carbohydrates and protein.

You will learn to use the grill and will make pizza toast. You will use the breading method and you will make fish goujons.

Term 3 – Sugar Free Muffins and Apple Crumble

This term you will learn to make a variety of sweet dishes.

You will learn how to do the all-in-one method to make sugar free muffins and the rubbing in method to make an apple crumble.

Want to know more

In year 8, you will make vegetable curry, chicken fajitas, conduct and ice-cream experiment and a yeast investigation, as well as make healthy pizza and cereal bars.

CREATE



Links to other subjects

Maths – Weighing, measuring, quantities, and ratios.

English – Reading and following a recipe.