

Plan for 2022-23

YEAR 7 – FRUIT AND VEG

Week	Cook/demo	Tasks
Week one	Introduce topic fruit and veg, safety, hygiene, chopping skills, washing up task. demo kebabs.	Hygiene sheets Equipment sheets Classroom walk around Dangers in kitchen task Class demo of chopping fruit. Washing up demo
Week two	Recap chopping skills with various fruit, class to make a fruit salad/kebab.	Main task prep and make fruit salad Spot demo if needed Evaluate the cook
Week three	Demo apple crumble Tasting crumble, review.	A-Z of fruits and vegetables in books, word-search task
Week four	Cook the fruit crumbles	Evaluate the crumble
Week five	Demo pasta salad	Hand of nutrients task Nutrients work sheet
Week six	Cook pasta salad	Evaluation of pasta salad
Week seven	Demo of carrot cakes Demo icing	Practice cutting, peeling and grating carrots whilst it cooks. Step by step plan for making the icing frosting.
Week eight	Cook carrot cakes	Evaluation of carrot cakes
Week nine	Demo vegetable soup	Taste tasting vegetables. Pre prepared vegetables, cut and ready to taste. Guess the vegetable from taste. Vegetable guessing game images power-point.
Week ten	Cook vegetable soup	Evaluation of soup

Year 8 – ALL THAT DOUGH

Week one	Re introduction to the food room Demonstration of jam tarts	Baked goods word-search Safety and hygiene recap sheet What are carbs? Worksheet
Week two	Cook jam tarts	evaluation form for jam tarts
Week three	Demonstration of scones (three types)	Tasting chart, star diagrams.
Week four	Cooking scones	Evaluation of scones sheet

Week five	Demonstration of granola bars and cupcakes with icing	Design a cupcake sheet Step by step picturegram for the granola bar.
Week six	Cook granola	Evaluation form for granola
Week seven	Cook cupcakes	Evaluation form for cupcakes
Week eight	Demonstration and cook of bread rolls. (school provided ingredients)	Evaluation of the rolls made.
Week nine	Demonstration of pizza rolls	Design a pizza sheet, refer to eat well plate and analysis
Week ten	Cook pizza rolls.	evaluation of pizza rolls.

Year 9 – FOOD AROUND THE WORLD

Week one	Demo spag bol.	Re cap of hygiene (quiz) Quiz answers and results
Week two	Cook spag bol	evaluation of spag bol
Week three	Demo cheesy veg pasta	Research foods from other countries, poster design.
Week four	Cook cheesy veg pasta	Evaluation of cheesy pasta
Week five	Demo enchiladas	Step by step how to make them
Week six	Cook enchiladas	Evaluation of enchiladas
Week seven	Demo curry	Let about herbs and spices and test some flavours and smells.
Week eight	Cook curry	Evaluation of curry
Week nine	Demo stir fry	Eat well plate work, vitamins and minerals.
Week ten	Cook stir fry.	Evaluation of stir fry.