

Term: Sept - Oct  
Year/Class Group: 7

Medium Term Plans  
Subject: Home Economics

Teacher:

Topic: Me in a Kitchen

Time Scale 7 Weeks	Learning Objectives	Teaching & Learning Activities	Resources	Assessment Methods (photographs)	Homework
Week 1	To identify areas of kitchen hygiene & safety To design a poster to show hygiene and safety in the kitchen To learn and follow routines	Investigate hygiene & safety Discuss kitchen rules Worksheets Design a Poster	Worksheets Paper Pens Resource Box	Verbal Written Self/Teacher Assessment	Complete Poster Food-link Competition
Week 2	To Explore a Recipe To safely use small equipment to prepare a sandwich To acquire skills in slicing, spreading To learn and follow routines	Parts of a Recipe Abbreviations/Oven Temperatures Prepare Traffic Light Sandwich Use of small equipment Appropriate Skills	Recipe + Worksheets Kitchen and equipment Selection of Foods Recipe	Verbal Written Self/Teacher Assessment	Exploring a Recipe
Week 3	Know your Cooker To use the hob independently (gas/electric) Working towards Cookery Licence To learn and follow routines	Identify parts of the cooker Microwave Prepare Soup Set the hob and alter heat as required	Cooker Worksheets Kitchen and equipment Selection of foods Recipe Resource Box	Verbal Written Self/Teacher Assessment	Weighing and Measuring
Week 4	To use the oven independently Working towards Cookery Licence To learn and follow routines	Prepare Scones Set the cooker to given temperature Follow safe practice	Kitchen and equipment Selection of foods Recipes Resource Box	Verbal Written Self/Teacher Assessment	Know your cooker
Week 5	To use the grill independently Working towards cookery licence To learn to follow routines	Prepare Spring Breakfast Cooking methods	Kitchen and equipment Selection of foods Recipes Resource Box	Verbal Written Self/Teacher Assessment	Equipment Crossword