

### Yr 7 - Scheme of Work (Licence to Cook - Part 1)

Wk	Learning Objective	Resources	Homework	Licence to Cook	PoS
1	Introduction to food technology room, rules and hazards. Personal hygiene.	(1) Rule of room, hazards and hygiene worksheets. (2) Books	Design a health and safety poster for the food technology room.	Personal hygiene	3b
2	Kitchen hygiene. Cross contamination and food poisoning.	(1) Hygiene, cross contamination worksheets. Hygiene video.		Food poisoning bacteria - types / conditions for growth. Avoiding cross contamination.	3b
3	How do fruit and vegetables fit in wheel of health and healthy eating? <i>Make fruit salad.</i>	(1) Wheel of health, nutrients worksheets. (2) Recipe and ingredients	How to wash up.	Knife skills, basic equipment, fruit preparation, peeling, slicing, coring.	3h, 3f, 2c, 3i, 2h
4	Kitchen equipment. Weighing and measuring. <i>Make baked apple.</i>	(1) kitchen equipment, weighing and measuring worksheets (2) Recipe and ingredients		Basic equipment, food preparation, coring, combining and mixing, using oven	1.2b, 1.3c, 2c, 2h
5	Classification of fruit. Understand use of fruit in cooking. How are apples made? <i>Make apple crumble.</i>	(1) Classification of fruit, from flower to fruit worksheets (2) Recipe and ingredients	The cooker	Weighing and measuring, rubbing-in, peeling, coring, slicing, layering, using oven.	1.2b, 2c, 2h, 3f
6	Understand what nutrients are. Baking with fruit. <i>Make date and apple cake.</i>	(1) Baking worksheets (2) Recipe and ingredients		Weighing and measuring, knife skills, rubbing-in, peeling, using oven, coring, slicing, layering.	1.3c, 2c, 2h, 3i
7	Classification of vegetables. <i>Make coleslaw.</i>	(1) Classification of vegetables worksheets (2) Recipe and ingredients	Date marks and safe storage of food.	Knife skills, basic equipment, vegetable preparation, peeling, slicing, grating.	1.2b, 2c, 2h, 3f, 3i
8	Learn how vegetables can be sold and stored. <i>Make vegetable soup.</i>	(1) Vegetable shopping worksheets (2) Recipe and ingredients		Knife skills, basic equipment, vegetable preparation, peeling, slicing, measuring, using hob.	1.3c, 2c, 2h, 3f, 3h, 3i
9	The use of pulses in the diet. <i>Make bean, sweetcorn pasta salad.</i>	(1) Pulses worksheets (2) Recipe and ingredients	Chilling, heating and reheating.	Knife skills, basic equipment, peeling, slicing, measuring, using hob.	1.3c, 2c, 2h, 3f, 3g, 3h
10	Focus on healthy salads. <i>Make layered pasta salad and range of dressings.</i>	(1) Salad worksheets (2) Recipe and ingredients		Knife skills, basic equipment, peeling, slicing, measuring, mixing, layering, using hob.	1.2b, 1.2a, 1.3c, 2c, 2d, 2h, 3f, 3g, 3h