

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 |