

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 |