

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? Make fruit salad.	(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. Make baked apple.	(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? Make apple crumble.	(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. Make date and apple cake.	(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. Make coleslaw.	(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. Make vegetable soup.	(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. Make bean, sweetcorn pasta salad.	(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. Make layered pasta salad and range of dressings.	(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