

### Yr 7 - Scheme of Work

Wk	plan	Resources	Learning objective	Licence to Cook	PoS
1	Introduction to food technology room, rules and hazards. Personal hygiene. Kitchen hygiene. Cross contamination and food poisoning.	(1) Rule of room, hazards and hygiene worksheets. (1) Hygiene, cross contamination worksheets. Hygiene video.	To know all the kitchen rules and why they are in place To know what cross contamination is and how we can prevent it.	Personal hygiene Food poisoning bacteria - types / conditions for growth. Avoiding cross contamination. Health and safety and kitchen rules	3b 3b
2	How do fruit and vegetables fit in wheel of health and healthy eating? <i>Make fruit kebab</i>	(1) Wheel of health, nutrients worksheets. (2) Recipe and ingredients	To understand what is meant by a healthy diet.	Knife skills, basic equipment, fruit preparation, peeling, slicing, coring.	3h, 3f, 2c, 3i, 2h
3	Kitchen equipment. Weighing and measuring. <i>Make pizza</i>	(1) kitchen equipment, weighing and measuring (2) Recipe and ingredients (3) Food booklet	To learn the skills necessary to make a dough. To be able to follow instructions carefully and consider health and safety checks that will ensure a good quality pizza.	Basic equipment, food preparation, rubbing in combining and mixing, using oven	1.2b , 1.3c, 2c, 2h
4	Classification of fruit. Understand use of vegetables in cooking. How vegetables grow? <i>Make vegetable pasta</i>	(1) Recipe and ingredients (2) Work booklet	To be able to make a pasta sauce without the aid of a recipe.  To know the function of the ingredients	Weighing and measuring, peeling, slicing, using the hob.	
5	Understand what ingredients are and where they come from <i>Making flap jack</i>	(3) Recipe and ingredients (4) Work booklet	To use the hob in a safe manner to melt your ingredients for the flapjack.  To be able to select and use decoration to add the appeal of	Weighing and measuring, using oven.	