

Stage 3 Subject Timeline Year 7 and 8
Subject: Food

Year 7 and 8 – 10 week rotation (2022 – 2023)		
Weeks 1 - 2	Weeks 3-4	Weeks 5 – 6
Key concept/Skill	Key concept/Skill	Key concept/Skill
<p>Introduction to the food room, routines</p> <p>Getting used to equipment</p> <p>Stir Fry Preparation</p> <p>Washing up</p> <p>Routines in the food room</p> <p>Traffic lighting of practical</p> <p>FPT Production of Curry</p> <p>Individual production of curry to practice basic chopping skills and use of the hob</p>	<p>Understanding use of the oven and techniques used in food. Making a savoury crumble</p> <p>Use of the oven</p> <p>Making of a crumble to demonstrate basic skills and consolidate routines in the food room</p>	<p>Healthy Eating</p> <p>Understanding of the Eatwell guide and the importance of it in maintaining good health</p> <p>FPT puff pastry custard tart showing skills of following instructions and using the oven Sequencing of components.</p>
End Point	End Point	End Point
<p>Use of the hob confidently</p> <p>Use of knives basic chopping skills, bridge hold and claw hold</p> <p>Washing up and routines in the food room understood</p>	<p>Production of a crumble</p> <p>Following instructions</p> <p>Use of the oven safely</p> <p>Hygienic working practices</p>	<p>Well-presented custard tart and an understanding of healthy eating.</p>
Assessment	Assessment	Assessment
<p>Completion of equipment pages in book</p> <p>Individual assessment through observation of practical skills when making curry.</p>	<p>Completion of evaluations and questions in book and evaluation of own crumble</p> <p>Competency when making products through observation in the lesson</p>	<p>More independent when working. More confidence when following instructions.</p> <p>Observation of the finished product and working routines.</p>

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Weeks 7-8	Weeks 9-10	
Key concept/Skill	Key concept/Skill	
Looking at the production of Pizzas and how they are constructed. Evaluating pizzas to modify for personal designing Drawing ideas in the form of annotated diagrams FPT Pizza Making Pizzas designed in previous lesson	Understand why fats and carbohydrates should be cut down in the diet Understand how muffins are made to a specification Students to design and make a batch of muffins according to a specification.	
End Point	End Point	
Clear annotated diagrams of pizzas Ability to evaluate products Production of an individual pizza from a design the students has created.	A batch of decorated muffins	
Assessment	Assessment	
Production of a pizza. Observation Quality of designs drawn for a variety of target groups	Quality of design work Accuracy of muffins produced.	

Cultural capital

Use of Technology

Inclusiveness

Diversity