

# Five Year Overview



<b>Year 7 Food Overview</b>		
<b>Practical</b>	<b>Practical Skills</b>	<b>Knowledge and Understanding</b>
Tasting Fruit	Describing food - literacy and vocabulary	Kitchen and Food hygiene and Safety Preparing to cook Sensory Analysis - sensory vocabulary
Crumble - tinned filling	Rubbing in, using the oven	Eat well Guide
Scones	Measuring and adding liquid Forming and shaping Glazing	8 Tips for a healthy diet
Scone Based Pizza	Measuring and adding Liquid Rolling and shaping Grating Knife skills	Macro Nutrients (Protein, fat and carbohydrates)
Savoury Tarts	Pastry making - rubbing in, adding of liquid, forming a dough, rolling out	Micro Nutrients (Iron, Calcium , Vit A, B,C D)
	Research Skills	Regional Foods
Soup	Vegetable preparation and knife skills Use of the hob - simmering and boiling	Heat transfer
Pasta Gratin	Use of the hob and grill	Labelling
Bolognese Sauce	Handling raw meat Knife skills - vegetable preparation Use of the hob - Simmering and Boiling	Packaging
Fish Fingers	Use of fish Pane	Fake news - food hacks - is it what it seems?
Bread	Kneading Shaping	Multi-cultural breads

## Year 8 Food Overview

Practical	Practical Skills	Knowledge and Understanding
		Hygiene - cross contamination food poisoning Bacterial growth and temperature Control
Meat and Vegetable Kebabs	Use of raw meat Knife skills - vegetable preparation Use of the grill	Meat - types Provenance - where it comes from
Sweet n Sour	Safe handling of meat Vegetable preparation Frying Thickening - cornflour	Traffic Light System Labelling - link with Eat well Guide
Creamy Curry	Safe handling of meat Use of spices Dairy food in cooking	Impact of social media/online on Food
	Research Tasks - Food from around the world	Food in different countries and cultures
Risotto	Frying Vegetable preparation Addition of liquid	Staple foods - types, use and value in the diet
Macaroni Cheese	Boiling Gelatinisation Use of the grill	Gelatinisation
Quiche	Pastry Skills - rubbing in, rolling, lining a tin Baking blind	Dairy foods in the diet
Victoria Slices	Creaming method Portion Control	Cake Making Ingredients
Ginger Cakes	Melting Method Portion Control	Cake making Method
Calzone	Making a dough - using yeast Rolling and shaping Assembly and sealing	Bread making

## Year 9 Food Overview

Practical	Practical Skills	Knowledge and Understanding
		Food Provenance - grown, reared and Caught Seasonal Food - organic v intensive farming Sustainability
Decorated Apple Pie - making pastry	Rubbing in Addition of liquid to make a dough	Pastry Making - Science Sensory Analysis - types of pastry
Decorated apple Pie	Rolling and lining tin Preparation of apples Decoration and glazing	Enzymic Browning
Sausage Plait - Flaky pastry	Flaky pastry Rolling and Folding	Food Logos - Fairtrade and Red Tractor
Sausage Plait -Filling and assembly	Knife skills Rolling and Plaiting Glazing	Food Styling and presentation
Mini Meringues	Whisking egg white - Foam Meting chocolate Preparing Fruit	Function of eggs
Swiss Roll	Whisking method	Special Diets - Age
Naan Bread	Making a bread dough Dry Frying	Special Diets - Food and Religion
Spring Rolls	Use of filo pastry Rolling and assembly	Special Diets - Vegetarian and Vegan
	Research, making reasons for choice, time planning	Types. Characteristics, examples and popularity of street food
Street Food Practical	Following a plan Food styling	Evaluation of work - assessment of practical skills