



Year Group	Year 7	Subject	Food	Taught in	Rotation 1
Title	Tomato based products and soups.				
Summary	Pupils make a range of tomato based sauces and soups, such as homemade soup. They modify a basic ragu sauce and use it to make chilli, pizza and then use hand held blenders to create soups.				
Theory & Nutrition	<ul style="list-style-type: none"> <li>- Understand why it is important to cook sauces from scratch to reduce sugar and salt intake.</li> <li>- Understand how to use onions and garlic to release flavour as a basis for Ragu sauce.</li> <li>- Understand how to season and flavour in a healthy way.</li> <li>- Understand how to simmer and use a hand blender.</li> <li>- Understand how to make pizza bases, by mixing, kneading, shaping, proving and baking.</li> <li>- Add ingredients which are healthy and lower in fat.</li> </ul>				
Products	<ul style="list-style-type: none"> <li>- Ragu and Veg. (Students add to pasta at home)</li> <li>- Chilli using Quorn protein.</li> <li>- Homemade soup (with pre-cooked protein).</li> <li>- Pizzas from scratch (pre-cooked meats and healthy toppings)</li> </ul>				
Key Skills	<ul style="list-style-type: none"> <li>- Understand the importance of correct storage and handling of ingredients (using knowledge of micro-organisms).</li> <li>- Measure accurately and calculate ratios of ingredients to scale up or down from a recipe.</li> <li>- Demonstrate a range of baking and cooking techniques.</li> <li>- Create and refine recipes, including ingredients, methods, cooking times and temperatures.</li> </ul>				
Design	<ul style="list-style-type: none"> <li>- Design with the user in mind, motivated by producing healthy balanced meals, which represent the eatwell guide.</li> <li>- Design using tone, aerial view and cross section.</li> <li>- Add detailed annotations to explain the function of ingredients, skills and techniques and nutritional value of meals</li> </ul>				
Make	<ul style="list-style-type: none"> <li>- Become confident with metric measurements. Become more confident with ml's and litres.</li> <li>- Start to understand oz's and use some imperial recipes.</li> <li>- Understand the base of tomato sauces and understand how these can be modified/ used in a great deal of products.</li> <li>- Understand how to use a stock cube successfully.</li> <li>- Control heat on the hob with skill.</li> <li>- Use a hand held blender or liquidiser with supervision.</li> <li>- Understand how to bake, shape and top a pizza.</li> <li>- Confidently understand time scales and look for the signs a product is ready.</li> </ul>				
Evaluate	<ul style="list-style-type: none"> <li>- Sensory stars to reflect on the sensory properties of dishes.</li> <li>- Improvement actions based on sensory properties and improvement in skills.</li> <li>- Two stars and a wish. "What looks good and why?"</li> </ul>				
Extra-Curricular	<p>Lets get cooking club- Cooking healthy meals from scratch. Monday lunchtime. FSM Bake-off, end of term competition. Enrichment trip to Flavours cookery school Southbourne. FFT cookery school (afterschool); healthy snacks and treats. With Louise Jones. Design tech enterprise group; making chutneys, jams and cakes to sell and raise funds. Jam/ Chutney making group, after school.</p>				



Year Group	Year 7	Subject	Food	Taught in	Rotation 2
Title	Reducing your sugar intake				
Summary	Students understand where hidden sugars can creep into their diets from mass produced products and standard components. They use the eatwell guide to make savoury choices over sweet. They learn to bake using savoury products and make nutritious sweet products, using root vegetables such as sweet potato rather than flour.				
Theory & Nutrition	<ul style="list-style-type: none"> <li>- Understand cross-contamination and cook using pre-cooked meats.</li> <li>- Understand how to fry, grill, bake and use a larger range of baking and cooking techniques.</li> <li>- Understand nutrition and the value of different energy sources.</li> <li>- Understand sugar, starch and fibre carbohydrates and the speed at which they release energy.</li> <li>- Understand the value of protein foods.</li> <li>- Understand how to reduce our sugar, fat and salt intake, and the diseases and health issues linked to this.</li> </ul>				
Products	<ul style="list-style-type: none"> <li>- Mini Frittatas</li> <li>- Pasta bake with crispy savoury topping (pre-cooked meat)</li> <li>- Toad in the hole (modifications to sweet if necessary)</li> <li>- Fruit tarts</li> <li>- Possible other products: Savoury muffins and sweet potato brownies.</li> </ul>				
Key Skills	<ul style="list-style-type: none"> <li>- Understand how to make savoury choices over sweet ones.</li> <li>- Understand how to get more vegetables into even sweet choices.</li> <li>- Understand how to cook from scratch to make foods healthier.</li> </ul>				
Design	<ul style="list-style-type: none"> <li>- To develop a design for a specific need or dietary issue. To understand how to create a diet rich in nutrients, now also including protein and calcium products.</li> <li>- To understand how to design diets based around healthier carbohydrates and rich in vegetables.</li> <li>- To develop dishes and techniques and modify these through design and making.</li> <li>- To reflect on practice and add improvements according to making and development of skill.</li> <li>- To design in greater detail, becoming confident with tone and using a greater range of views which demonstrate ingredients, physical properties and sensory properties.</li> <li>- To add annotations which are more detailed and comment on skills, nutrition, physical and sensory properties. To begin to justify and explain choices.</li> <li>- Understand portion control.</li> </ul>				
Make	<ul style="list-style-type: none"> <li>- Modify recipes according to the needs of a user and the healthy eating plate.</li> <li>- Use healthy savoury foods, that get more vitamins and minerals into our diets.</li> <li>- Understand how to fry, grill, bake and use a larger range of baking and cooking techniques.</li> <li>- Improve chopping skills, confidently using the bridge to roughly chop.</li> <li>- Roughly dice using the cat's claw. Start to make dicing neater.</li> <li>- Understand more complex baking terms with regards to 'level' and 'heaped' tps etc.</li> <li>- Control temperature on the hob and understand when something is boiling over or burnt.</li> <li>- Mix evenly to get a higher level finish.</li> <li>- Start to use standard components and read instructions. Use quick jels and measuring liquids with confidence in ml's.</li> <li>- Start to use more specialised techniques such as a Bain Marie and piping.</li> <li>- Start to use electrical equipment.</li> </ul>				
Evaluate	<ul style="list-style-type: none"> <li>- More detail in sensory stars, more descriptive.</li> <li>- More descriptive sensory language.</li> <li>- Improvement actions based on sensory properties and improvement in skills.</li> </ul>				
Extra-Curricular	<p>Lets get cooking club- Cooking healthy meals from scratch. Monday lunchtime. FSM Bake-off, end of term competition. Enrichment trip to Flavours cookery school Southbourne. FFT cookery school (afterschool); healthy snacks and treats. With Louise Jones.</p>				



Year Group	Year 7	Subject	Food	Taught in	Rotation 3
<b>Title</b>	Low fat, low sugar				
<b>Summary</b>	Students understand how to choose foods rich in vitamins and minerals. How to select carbohydrate sources of energy, over sugary ones. And how to fill themselves up, so that their bodies and minds are healthy. They understand that food can be tasty without adding extra sugar. They understand healthy processes and how this can affect food.				
<b>Theory &amp; Nutrition</b>	<ul style="list-style-type: none"> <li>- Understand how to select healthy vegetable based fats.</li> <li>- Understand how to use healthy oils, with higher smoke points.</li> <li>- Understand how fat and sugar can place stress on the body.</li> <li>- Understand the issues around meat production and how plant based diets, may reduce our intake of saturated fat.</li> <li>- Understand how to select low fat and low sugar desserts, selecting fruits and carbohydrate based foods. Choose highly valuable nutrient foods.</li> <li>- Use of natural carbs, ie Quinoa, pearl barley and grains.</li> <li>- Add vegetables to cake for added nutrients and moisture.</li> </ul>				
<b>Products</b>	<ul style="list-style-type: none"> <li>- Pancakes with blueberry sauce.</li> <li>- Chilli Enchilladas</li> <li>- Vegetable Samosas.</li> <li>- Beetroot and cumin cauliflower.</li> <li>- Squidgy chocolate pear pudding.</li> <li>- Alternative recipes:</li> <li>- Strawberry soufflé.</li> <li>- Beetroot and chocolate cupcakes.</li> <li>- Kale and Barley bites</li> </ul>				
<b>Key Skills</b>	<ul style="list-style-type: none"> <li>- Thicken sauces using cornflour.</li> <li>- Make a fruit sauce.</li> <li>- Control oil when frying.</li> <li>- Understand how to use alternative carbs.</li> <li>- Understand how to make patties.</li> <li>- Understand how to mix and shape neatly.</li> <li>- Understand how to use a liquidiser.</li> <li>- Understand how to fold filo pastry in a samosas (shaping).</li> <li>- Understand how to construct whole dishes.</li> <li>- Understand how to use seasoning, herbs and spices appropriately.</li> </ul>				
<b>Design</b>	<ul style="list-style-type: none"> <li>- Design with more complexity.</li> <li>- Add tonal drawings with aerial views and cross sections.</li> <li>- Add annotations on nutrition, skills and presentation.</li> <li>- Start to write about the needs of the user, with regards to age, gender, health issues and career.</li> <li>- Write about seasoning, herbs and spices and relate this to specific cuisines from around the world.</li> </ul>				
<b>Make</b>	<ul style="list-style-type: none"> <li>- Thicken a fruit sauce using cornflour paste. Control the heat whilst it jellifies.</li> <li>- Construct and top enchiladas neatly.</li> <li>- Fold samosas neatly, adding oil minimally.</li> <li>- Grate cauliflower neatly and chop evenly.</li> <li>- Mix and present deserts to create a well presented outcome.</li> </ul>				
<b>Evaluate</b>	<ul style="list-style-type: none"> <li>- Detailed sensory analysis and improvement actions.</li> <li>- Further design ideas and suggestions based on experiences.</li> <li>- Building on knowledge and improving presentation and skills.</li> <li>- Modifying recipes and making changes accordingly.</li> </ul>				
<b>Extra-Curricular</b>	<p>Lets get cooking club- Cooking healthy meals from scratch. Monday lunchtime.            FSM Bake-off, end of term competition.            Enrichment trip to Flavours cookery school Southbourne.            FFT cookery school (afterschool); healthy snacks and treats. With Louise Jones.            Design tech enterprise group; making chutneys, jams and cakes to sell and raise funds.            Jam/ Chutney making group, after school.</p>				