



Year Group	Year 8	Subject	Food	Taught in	Rotation 1
Title	Home cooking skills.				
Summary	Pupils will make a range of range of dishes helping them to develop key skills when cooking from scratch. Understand how to serve meals in accordance with the Eatwell guidelines.				
Theory & Nutrition	<ul style="list-style-type: none"> - Understand standard components and how to use them. - Understand cross contamination and how to avoid it. - Understand the importance of protein for growth and repair. - Reduce saturated fat and eat more mono-unsaturated fats. (Especially plant and dairy based). - Function of Eggs. - Proportions of ingredients and their functions. 				
Products	<ul style="list-style-type: none"> - Sausage rolls - Tuna Fishcakes (veg alternative) - Wedges and Garlic mushrooms - Quiche - Victoria sponge with fruit (stewed or fresh). 				
Key Skills	<ul style="list-style-type: none"> - Eggs to bind, glaze, enrobe, coagulate and aerate. - Use raw meat safely, including storage and cleaning. - Control heat on the hob when frying, simmering and boiling. - Understand how to use oils healthily. - Blind bake. - Make short crust pastry from scratch. - Mash, mix and form. - Shape- patties. - Present neatly and appropriate, so that the food is easily identifiable as the product. - Whip cream, make butter icing and ganache. - Understand creaming, whipping and the all-in-one method, for cake making. 				
Design	<ul style="list-style-type: none"> - Design in detail, referring to ingredients function and nutrition. Write a correct method or order or work. Refer to an end user where appropriate. Design with tone and from at least two views. (Aerial and side). 				
Make	<ul style="list-style-type: none"> - Understand why puff pastry is best bought rather than made (standard components). - Understand how to bake pastry without a soggy bottom. - Understand how to cut a wedge and enrobe. - Understand how to make short crust pastry, blind bake and make a secure pastry vessel. - Understand how to aerate cakes and layer with jam, icing or cream. - Add more value to cakes through the use of fruit (stewed or fresh). 				
Evaluate	<ul style="list-style-type: none"> - More in-depth sensory analysis, using very specific sensory language. Add specific improvement actions. - Make progress, building on skills learnt to show learning. 				
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 8	Subject	Food	Taught in	Rotation 2
Title	Hearty healthy cooking				
Summary	Pupils understand core skills associated with home-made meals for the family and now move this forward with more complex cooking skills				
Theory & Nutrition	<ul style="list-style-type: none"> - Understand how to make filling nutritious meals. - Understand how to modify meals so they're healthier. - Understand how to make healthier deserts. 				
Products	<ul style="list-style-type: none"> - Mathematical biscuits. - Healthy Mac and Cheese. - Healthy Shepherd's pie. - Apple pie. - Oat and Fruit cookies. 				
Key Skills	<ul style="list-style-type: none"> - Measuring in grams and oz's. - Make and understand roux. - Measure in ml's and litres. - Understand smaller measurements tsp, ½ tsps, 1/4tsps, etc. - Control heat and oil when frying. - Use baking beans. - Understand appropriate equipment for baking, spatulas and pallet knives. 				
Design	<ul style="list-style-type: none"> - Use tone to show depth. - Use aerials, cross sections and zoom-in's when designing. - Detailed annotations for users. Nutritional info and skills detailed. 				
Make	<ul style="list-style-type: none"> - Understand how to make biscuits using the correct proportions. - Understand how to make a roux and then a béchamel or a cheese sauce. - Understand how to boil potatoes, mash and construct a shepherd's pie. - Fry meat safely. - Use the rubbing in method with butter and flour in order to make pastry. - Stew apples. - Make short crust pastry for pies. - Understand how eggs make cookies softer than shortbread/biscuits. 				
Evaluate	<ul style="list-style-type: none"> - More in-depth sensory analysis, using specific sensory language. - Add specific improvement actions. - Make recipes in own time. 				
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 8	Subject	Food	Taught in	Rotation 3
Title	Family meals				
Summary	Pupils will start to make healthy family favourites.				
Theory & Nutrition	<ul style="list-style-type: none"> - To understand how to fry then simmer casseroles. Understand slow cooking. - To understand how to reduce sauces and add taste using stock, spices and seasoning. - To understand how to reduce fat intake in cooked dishes. - Understand the nutritional value of casseroles. - Understand world foods, produce and flavours. 				
Products	<ul style="list-style-type: none"> - Chicken and Chorizo casserole. - Bacon and Leek Pasta Bake. - Spinach, squash and chickpea curry. - Potato and sweetcorn Fritters. - Biryani. 				
Key Skills	<ul style="list-style-type: none"> - Use stock to create flavour and cook with. (ml's) - Understand seasoning, spices and world produce. - Use a larger range of spices and flavours. (Modify dishes). - Use reduced fat products, ie soft cheeses. - Modern cooking skills- Jamie Oliver, using breadcrumbs as toppings. - Reduce food waste, using cupboard products. - Use vegetarian protein sources. - Shallow fry using batter. - Understand how to steam or boil rice. 				
Design	<ul style="list-style-type: none"> - Use tone to show depth. - Use aeriels, cross sections and zoom-in's when designing. - Detailed annotations for users. Nutritional info and skills detailed. - Make OWN modifications, list them and explain them. 				
Make	<ul style="list-style-type: none"> - Understand how to reduce waste using cupboard/ larder products. - Flavour heavily using spices. - Present food as it should look. - Understand a range of world dishes. - Make their own healthy take away products. 				
Evaluate	<ul style="list-style-type: none"> - More in-depth sensory analysis, using specific sensory language. - Add specific improvement actions. - Make recipes in own time, make modifications of their own choice. - Make product in its best/most complex form. i.e. as one-off production (high end). 				
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>				