

UNIT 1

Topics being taught

Working safely and hygienically in a food room. Introduction to Knife Safety and Food safety.

What you will be assessed on

Food Poisoning, Bridge and Claw: Delicious salad

How you can support at home

Support students when buying ingredients. Support with weighing out and any peeling and chopping preparation to allow greater confidence.

Eatwell Guide. The 'Rubbing in' method and using parts of the cooker.

Eatwell Guide Quiz. Apple Crumble, Croque Monsieur.

Support students when buying ingredients. Help with weighing and measuring.

UNIT 2

8 tips for Healthy Eating. Protein and High- risk ingredients.

8 Tips Quiz. Chicken Tikka practical and Protein Assessment Question.

Encourage students to help in the kitchen at home.

Using the hob. Planning a healthy meal for a teenager.

Spinach Curry. Making a Time plan. Stir Fry Assessment.

Encourage students to practice their chosen Stir Fry at home.

UNIT 3

End of Unit Assessment.

Eatwell Guide, Food Safety, Use of Equipment in the Food Room.

Encourage students to revise using the resources provided in Showbie.

Adapting recipes and reinforcing practical skills from previous dishes.

Optional extra practical's; Breakfast Muffins, Koftas, Ratatoille

Encourage students to practice recipes from Showbie folder.

