



ST. CATHERINE'S COLLEGE

A CHURCH OF ENGLAND ACADEMY

Learning overview for (subject): Food (half yearly rotation with Technology)			Year group: 9	
Term	Key topics / scheme of work	What most pupils will learn	Key skills used	How will this learning be assessed?
Term 1	<p><i>Health, safety & Hygiene in Food and Catering.</i></p> <p><i>More complex practical's, building upon skills, methods & recipes.</i></p> <p><i>Evaluating work.</i></p> <p><i>Seasonal foods.</i></p> <p>Weighing and measuring.</p>	<p>Health and safety to a deeper level of understanding including danger zones.</p> <p>Healthy Eating – 8 top tips and recap eat Well Guide.</p> <p>Vegetable cuts and safe use of knives (Pasta con Verdura).</p> <p>Veg Stir Fry. Reinforce veg cuts and apply knife skills using new / range veg. simple sauce making using cornflour.</p> <p>Muffins. Using a wider range of commodities and ingredients.</p>	<p>Knife skills - Veg cuts - precision and named types of.</p> <p>Weighing and measuring Combining ingredients- wet and dry.</p> <p>Adapting recipes. Timing.</p>	<p>Through teacher observations of practical activities and photographic evidence.</p> <p>SIR profiles sheets.</p> <p>Evaluations and written work in their folders.</p> <p>Homework.</p>
Term 2	<p><i>How to avoid cross contamination</i></p> <p><i>Recap and build on Eat Well Guide through a more in depth focus on Nutrition</i></p>	<p>Full Monty breakfast - healthy cooking methods as good example of Eatwell guide.</p> <p>Sausage rolls. Safe Meat handling and pastry making.</p>	<p>Multi -tasking and timing. Knife skills. Grilling and poaching.</p> <p>Short crust pastry making and meat handling.</p>	<p>Through teacher observations of practical activities and photographic evidence.</p>





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	<p><i>Macro and Micronutrients in detail.</i></p> <p><i>Family/Home Cooking, using Seasonal and Economic Ingredients.</i></p>	<p>Butternut Squash soup –safe use of blender.</p> <p>Frittata – Use of grill, coagulation. Eggs and their uses / Nutritional value.</p> <p>Chelsea Buns – enriched dough making. Christian theme dish e.g. Christmas ideas – decorations.</p>	<p>Kneading and shaping.</p> <p>More complex decorating techniques. Use of colour and height to present a plate.</p>	<p>Evaluations and written work in their books.</p> <p>Homework.</p>
Term 3	<p><i>Family/Home Cooking, using Seasonal and Economic Ingredients</i></p>	<p>Lasagne – meat and cheese sauce – gelatinisation, multi-tasking.</p> <p>Cottage Shepherd's Pie - piping/ mashing.</p> <p>2 course meal – own choice – dovetail tasks.</p>	<p>Sauce making – cheese and meat / tomato.</p> <p>Piping / mashing.</p> <p>Dovetailing and multi-tasking during practical.</p>	<p>Through teacher observations of practical activities and photographic evidence.</p> <p>Evaluations and written work in their books.</p> <p>Assessment of a two-course meal.</p> <p>Homework.</p>

