

Topic: Health and Safety		Duration: 8 lessons	Composite:
Key vocabulary:	Core knowledge Components	Powerful knowledge components crucial to commit to long term memory	Links to previous and future topics
Hygiene Safety Pathogenic Bacteria Food Poisoning Salmonella E-coli Mould Contaminate Ambient	Define cross contamination. Describe how to stop cross contamination while cooking. Identify hygiene and safety issues and state how these issues can lead to food that unsafe to consume. Describe how a food handler can cause the spread of food poisoning. Food poisoning bacteria- types and symptoms. Why is hygiene and safety important? Safe knife practices- bridge hold and claw grip. Understand safe food storage- germometer, fridge storage and ambient storage.	<ul style="list-style-type: none"> • Understand the importance of hygiene and safety in food practical lessons. • Demonstrate an understanding of hygiene and safety during food practical lesson to produce healthy balanced meals on a budget. • Justify how hygiene and safety issues may lead to food that is unsafe to consume. • Explain how a food handler can cause the spread of food poisoning. 	Pupils will use this baseline knowledge for all future practical lessons.

Year 7 : Fakeaway AT2		Duration: 8 lessons	Composite:
Key vocabulary:	Core knowledge Components	Powerful knowledge components crucial to commit to long term memory	Links to previous and future topics
Hygiene Safety Healthy Balanced diet Diet related diseases Cooking method Fat Obesity Food group Carbohydrate Protein Traffic light system	<ul style="list-style-type: none"> Apply and routinely practice the principles of food hygiene and safety when preparing and cooking ingredients and manage their implementation independently. To be able to translate the information on packaging- understand the traffic light system. How does cooking food affect the nutritional value? How does the Eatwell guide help you understand the positive impact of a balanced diet? How does changing the way you cook foods make them nutritionally better for you? Define the effect of a diet that relies on takeaway food- diet related diseases. <i>Pupils develop and demonstrate food preparation and cooking skills when making: Scone based pizza (knife skills and dough prep), Pasta salad (layering, knife skills), Chicken nuggets and wedges (coating and handling high risk foods), Macaroni cheese (boiling, preparing a roux), pasta bake (boiling, chopping) and a Sausage, cheese and bean rolls (enrobing, glazing)</i> 	<ul style="list-style-type: none"> Understand the importance of hygiene and safety in food practical lessons. Demonstrate an understanding of hygiene and safety during food practical lesson to produce healthy balanced takeaway alternatives. Evaluate how cooking method effect the nutritional content of food. Evaluate how food packaging informs the consumer on their diet. 	Year 7 AT1 Hygiene and safety