

The Hayling College

Food Preparation

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
	Autumn 1				Autumn 2				Spring 1				Spring 2				Summer 1				Summer 2																		
Year 7	Base Line Assessments	Licence to Cook: Hygiene and Safety. Knife safety, Knife Skills. Weighing and Measuring Use of Equipment Using the HOB, GRILL, OVEN Adapting recipes Testing for Readiness				Data Drop	For example- Soup, Croque Monsieur, Scones, Pear Marble Tray Bake, Biscuits, Mince Pies				Licence to Cook: Hygiene and Safety. Knife safety, Knife Skills. Weighing and Measuring Use of Equipment Using the HOB, GRILL, OVEN Adapting recipes Testing for Readiness				Data Drop	For example- Soup, Croque Monsieur, Scones, Pear Marble Tray Bake, Biscuits, Mince Pies				Activities Week	Data Drop																		
Year 8	Master Chef Improving Skills, Knowledge of Ingredients, Equipment and Techniques: Prepare Combine and shape, Tenderise and Marinate, Select and adjust a cooking process Different cooking methods Setting mixtures Use of raising agents Shaping and Finishing a dough				Data Drop	For example- Tomato Pasta, Bread Rolls, Muffins Pizza, Food Testing, Fresh Pasta, Chicken Nuggets, Fajitas				Master Chef Improving Skills, Knowledge of Techniques: Prepare Combine, Tenderise and Marinate, Select and adjust a cooking process Different cooking methods Setting mixtures Use of raising agents Shaping and Finishing a dough				Data Drop	For example- Tomato Pasta, Bread Rolls, Muffins Pizza, Food Testing, Fresh Pasta, Chicken Nuggets, Fajitas				Activities Week	Data Drop																			
Year 9	CEREALS Core Skills: To include Bread, Cereals, Flour, Oats, Rice, Potatoes, Pasta Rotary Competition NEA1 Practice: Types of Flour Core Knowledge: Principles of Nutrition Cereals- The function, main sources, main processes, main nutritional functions, Storage and Hygiene, Effects of deficiency and excess, Related Dietary Values.				Data Drop	SUGARS & SYRUPS Core Skills: To include Methods of Cake Making: Whisked/Rubbed in /Melted/ Creamed Sweet & Sour Chicken, Pavlova NEA 1 Practice: Types of Sugars Core Knowledge: Diet and Good Health Sugars and Syrups- The function, main sources, main processes, main nutritional functions, Storage and Hygiene, Effects of deficiency and excess, Related Dietary Values.				Data Drop	ALTERNATIVE PROTEINS Core Skills: To include soya, Tofu NEA 1 Practice: Core Knowledge: Diet and Good Health Alternative Proteins- The function, main sources, main processes, main nutritional functions, Storage and Hygiene, Effects of deficiency and excess, Related Dietary Values.				Data Drop	FATS & OILS Core Skills: To include main nutritional functions, Storage and Hygiene, Effects of deficiency and excess, Related Dietary Values. Fats and Oils NEA 1 Practice: Core Knowledge: Diet and Good Health Fats and Oils Continue v				Activities Week	Data Drop																		
Year 10	FRUIT & VEGETABLES Core Skills: To include fresh, frozen, canned and juiced NEA 1 Practice: Enzymic Browning Core Knowledge: The Science of Food Fruits and Vegetables- The function, main sources, main processes, main nutritional functions, Storage and Hygiene, Effects of deficiency and excess, Related Dietary Values.				Data Drop	DAIRY Core Skills: To include milk, cheese, yoghurt, cream NEA 1 Practice: Core Knowledge: Where Food comes from Milk and Dairy- The function, main sources, main processes, main nutritional functions, Storage and Hygiene, Effects of deficiency and excess, Related Dietary Values.				Data Drop	Year 10 Exams				Data Drop	EGGS Core Skills: To include main nutritional functions, Storage and Hygiene, Effects of deficiency and excess, Related Dietary Values. NEA 1 Practice: Core Knowledge: Diet and Good Health Eggs- The main nutritional functions, Storage and Hygiene, Effects of deficiency and excess, Related Dietary Values.				Work experience	Data Drop																		
Year 11	Preparing for Assessment NEA 1 Trials Types of Testing & Evaluating NEA 2 Trial- Adapting for Special Diets				Data Drop	NEA 2 (Task released 01/11)				Data Drop	NEA 2 (Task released 01/09)				Data Drop	Revision				Data Drop	Year 11 Exams																		
	Revision					Revision					Revision					Revision																							

