

<p><b>Year 7</b></p> <p>Term 1 – Health and Safety, how can we be safe in the kitchen</p>	<p>Term 2 – What makes a balanced diet?</p>	<p>Term 3 – Where does our food come from?</p>
<p>Practicals:</p> <p>Scones</p> <p>Pita bread and tabouleh</p> <p>Christmas cooking</p> <p>Theory:</p> <p>Health and safety in a kitchen</p> <p>Knife safety</p>	<p>Practicals:</p> <p>English Breakfast</p> <p>Vegetable stir fry</p> <p>Hot cross buns</p> <p>Spanish Omelette</p> <p>Theory:</p> <p>The Eat well guide</p> <p>Healthy eating guidelines</p>	<p>Practicals</p> <p>Chilli con carne</p> <p>Pizza</p> <p>Millionaires Shortbread</p> <p>Theory:</p> <p>Commodities: Eggs, Dairy, Flour</p>
<p><b>Year 8</b></p> <p>Term 1 – Health and hygiene</p> <p>Food seasonality</p> <p>Food provenance</p>	<p>Term 2 – Alternative diet - choices</p>	<p>Term 3 – Alternative diet choices</p>
<p>Practicals:</p> <p>Macaroni cheese</p> <p>Jambalaya</p> <p>Cinnamon rolls</p> <p>Theory:</p> <p>Health and hygiene</p> <p>Seasonality</p> <p>Food provenance</p>	<p>Practicals:</p> <p>Cauliflower cheese</p> <p>Roast vegetable tart</p> <p>Apple pies</p> <p>Theory:</p> <p>Field to fork</p> <p>Vegetarianism</p> <p>Veganism</p>	<p>Practicals</p> <p>Cottage pie</p> <p>Chicken curry</p> <p>Homemade Pasta and sauce</p> <p>Theory:</p> <p>Religion</p> <p>Allergies</p> <p>Intolerances</p>

<p>Year 9</p> <p>Term 1 – Food safety</p>	<p>Term 2 - Macronutrients</p>	<p>Term 3 – Micronutrients</p>
<p>Practicals:</p> <p>Calzone</p> <p>Pizza roses</p> <p>Christmas wreaths</p> <p>Theory:</p> <p>Food safety</p> <p>Cross contamination</p> <p>Bacterial contamination</p>	<p>Practicals:</p> <p>Breakfast fruit muffins</p> <p>Swiss Rolls</p> <p>Victoria Sandwich</p> <p>Theory:</p> <p>Carbohydrates</p> <p>Proteins</p> <p>Fats</p>	<p>Practicals:</p> <p>Vegetarian bean Burgers</p> <p>Broccoli and cauliflower bake</p> <p>Bolognese pasta bake</p> <p>Theory</p> <p>Water soluble Vitamins</p> <p>Fat soluble Vitamins</p> <p>Minerals</p>