

Year 7 Carousel 1 – Health and Safety: how can we be safe in the kitchen?	Carousel 2 – What makes a balanced diet?	
Practicals: Breakfast muffin Rainbow Salad (Tabouleh) Gingerbread Rock Cakes Flatbread Pizza Theory: Knife Safety Health and Safety in the kitchen	Practicals: English Breakfast Vegetable Stir-fry Hot Cross Buns/Fairy Cakes Spanish Omelette Fruit Monster Theory: The Eat Well Guide Healthy Eating Guidelines Commodities – Dairy/Eggs/Fruit	
Year 8 Carousel 1 – Health and Hygiene, food seasonality and provenance	Carousel 2 – Alternative Diet Choices	
Practicals: Savoury Muffin Jambalaya Eve’s Pudding Cinnamon Rolls Apple Crumble Theory: Health and Hygiene Seasonality Food Provenance Field to Fork Animal Welfare Food Miles	Practicals: Cauliflower Cheese Roast Vegetable Tart Apple Pies Cottage Pie Chicken Curry Homemade Pasta and Sauce Theory: Vegetarianism Veganism Religion Allergies Intolerances	
Year 9 Term 1 – Food Safety BREAD	Term 2 – Macronutrients CAKE	Term 1 – Micronutrients MAIN MEALS
Practicals: Focaccia Cinnamon buns Flatbread Pizza Roses Cheese and Chutney Swirls Theory: Food Safety Cross Contamination	Practicals: Breakfast Fruit Muffins Swiss Rolls Victoria sandwich Frosted Cup Cake Theory: Carbohydrate	Practicals: Vegetarian Bean Burger Broccoli and Cauliflower bake Bolognese pasta bake READY STEADY COOK! Theory: Water soluble vitamins

	Proteins Fat	Fat soluble vitamins Minerals
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