

# Cooking and Nutrition Learning Journey



Year  
**13**

Year  
**12**

Year  
**11**

Year  
**10**

Year  
**9**

Year  
**8**

Year  
**7**

**Practical: Own dish**

**Kinfe Skills:**  
Knife skills, meat cookery

**Theory:**  
Special diets, analysis of a teenage diet

**Theory:**  
Recap on Nutrition, Life stages nutrition

**Theory:**  
Planning their own meal

**Practical: Pasties/Patties**  
Recap weighing, pastry making, shaping and sealing

**Practical: Spaghetti Bolognese**  
Recap on knife skills, meat cookery, timing, controlling the heat of two pans

**Skills:**  
Weighing, creaming method

**Kinfe Skills: Bridge and Claw**

**Skills:**  
Knife skills, meat cookery, healthy eating

**Theory:**  
Analysing their own diet Planning meals,, Planning a meal for a teenager

**Practical: Stir Fry**  
Knife skills, healthy cooking, meat cooking, timing, controlling the heat of two pans

**Skills:**  
Knife skills, using meat, heat control

**Practical: Dutch Apple Cake**  
Using small electrical equipment, Judgement – mixture and cooking

**Theory:**  
School Lunches Analysis

**Practical: Muffins**  
Demonstrating weighing & measuring, whisking method, portion control, safe use of oven

**Theory:**  
Recap on healthy eating and Hygiene and safety

**Practical: Savoury Rice**  
Recap on knife skills, washing rice, seasoning food

**Theory:**  
Protein

**Skills:** Knife skills, egg cookery, frying, heat control

**Practical: Scone based pizza**  
Demonstrating knife skills, rubbing-in method, shaping

**Skills:** Knife skills, judging the cooking of eggs

Year  
**8**

**Theory:**  
Recipe Adaptation - muffins

**Skills:** Weighing & measuring, whisking, folding in, proportion and size

**Skills:** Knife skills bridge & claw, washing rice, judging when rice is cooked

**Practical: Omelette** Demonstrating knife skills, coagulation of eggs, heat control

**Theory:**  
Energy & carbohydrate

**Skills:** Knife skills bridge & claw, rubbing-in, judging when fruit is cooked

**Practical: Macaroni Cheese**  
Demonstrating weighing, measuring, sauce making, pasta cooking

**Skills:** weighing & measuring, rubbing-in method, shaping, portioning

**Practical : Butternut Squash Soup**  
Demonstrating knife skills, seasoning food, using the hob safely and controlling the heat

**Theory: Hygiene and Safety Rules**

**Theory:** Year 7 Assessment

**Practical: Apple Crumble**  
Demonstrating knife skills bridge & claw, fruit cooking, heat control, rubbing-in method

**Skills:** Knife skills bridge & claw, weighing measuring, roux sauce boiling

**Theory Lesson:**  
Starchy Carbohydrates

**Practical: Vegetable Stir Fry**  
Developing knife skills, heat control of two pans on the hob, timing and judging when food is cooked

**Skills:** Knife skills bridge & claw

**Theory Lesson:** Introduction to cooking and nutrition 'What do I know?'

**Theory Lesson:**  
Dairy foods & their alternatives

**Practical: Scones**  
Demonstrating weighing, rubbing-in, shaping, portion control, judging when something is cooked

**Theory Lesson:**  
The Eatwell Guide and Eight Tips of Healthy Eating