DT - Cooking and Nutrition Learning Journey

Year 10

Practical: Own dish

Kinfe Skills: Knife skills, meat cookery

Theory: Planning their own meal

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

Kinfe Skills: Bridge and Claw

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

Skills: Knife skills, meat cookery, healthy eating

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

Theory: Special diets, analysis of a teenage diet

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

Skills: Knife skills, using meat, heat control

Theory: Recap on Nutrition, Life stages nutrition

Year 9

Skills: Weighing, creaming method

Theory: School Lunches Analysis

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

Skills: Knife skills, judging the cooking of eggs

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

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

Theory: Protein

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

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

Year 8

Theory: Recap on healthy eating and Hygiene and safety

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

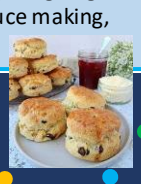
Theory: Recipe Adaptation - muffins

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

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

Theory: Year 7 Assessment

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



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: Dairy foods & their alternatives

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

Theory Lesson: Starchy Carbohydrates

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

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

Skills: Kinfe bridge & claw

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

Theory: Hygiene and Safety Rules

Skills: Knife skills bridge & claw

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

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

Year 7