



YEAR 7 SCHEME OF WORK

WEEK	CLASSWORK	HOMEWORK
1	Intro to Food room and basic equipment. Starter: (5 mins): Minions equipment scramble Practical: Speedy Pizza – Getting ready to cook routine + intro to safe use of sharp knives and cooker with emphasis on oven Intro to washing up routine, using guidance cards.	Ingredients for Fruit Salad + container
2	Practising bridge and claw grip Starter: Washing up worksheet (5 mins) Practical: Fruit Salad – Pincer grip (grapes), Claw grip (apple slices) Use of corer (apples) Bridge hold (halving apples) Advanced prep of oranges 4C's video and worksheet	Ingredients for Fruity Muffins + large container
3	Recap safe use of Oven Starter: Safety rules when using oven (5 mins) Practical: Muffins – Fruit prep, use of sieve, measuring liquids/combining and portion control. Complete 4C's/Washing up/Equipment sheets and explain homework	Consolidation worksheet + Couscous salad ingredients & container
4	Intro to use of hob Starter: Getting ready to cook routine – what's the correct order? (5 mins) Practical: Couscous salad – Use of hob to boil, recap of veg prep, seasoning and garnishing Intro to Eatwell Guide 1 – Yellow and green sections (20mins)	Ingredients for Pasta Salad + tub
5	Recap use of hob Starter: Straight in and "Get ready to cook" in the correct order Practical: Pasta Salad – Use of hob to boil and simmer, safe draining technique, recap of veg prep, seasoning and garnishing. Eatwell Guide – Blue and Pink sections (20 mins)	Ingredients for Crunchy Crouton Salad + Container
6	Recap safe use of oven and REACT to homework Starter: Eatwell Guide - Purple section and foods which should only eat occasionally (15 mins) Practical: Crunchy Crouton Salad – even dicing of bread/use of oven/washing and drying lettuce/careful arrangement of leaves REACT to Consolidation Worksheet (15 mins)	
7	Sensory analysis skills and recipe design Starter: Short video https://www.bbc.co.uk/teach/class-clips-video/design-and-technology-gcse-how-our-sense-guide-food-choices/z78fbdm 1.Intro to Objective and Subjective adjectives when tasting 2 salads. 2.Designing your own salad which includes ingredients from each section of the Eatwell guide eg 1-2 cereal foods/3-4 vegetables/a dairy food or protein food/ a dressing (purple) 3. Begin annotation (to be completed for homework) 4. Before students leave the lesson they should have made a note of the ingredients and quantities required to make their salad next week	Complete sketch of Salad and annotation. Ingredients for salad + serving dish/plastic container

8	Independent practical task: Cereal based salad Starter: Get ready to cook and set out ingredients then get students to think about the order they will prepare the ingredients in and produce a rough plan of action. Practical: Preparing salad showing safe use of oven/hob/sharp knife/safe draining technique/stylish presentation & garnishing/leaving their units immaculate after washing up. Students complete a brief evaluation sheet and hand in with annotated sketch for REACT marking If possible, take a photo of each salad to print out for next week.	Ingredients and oven proof dish for Oaty fruit crumble
9	Intro to Rubbing in technique and REACT to homework Starter: Get ready to cook Practical: Oaty fruit crumble – use of sieve/correct hand & finger position for rubbing in/recap safe use of oven routine. Students REACT to annotated sketch whilst crumble is baking and glue photo of their salad made last week onto the back. WWW and EBI are labelled onto the photo.	Ingredients and container for fruit or cheese scones
10	Recap rubbing in technique and scone-dough making Starter: Use eat-well guide colours to analyse the recipe for scones Practical: Fruit or Cheese Scones - use of sieve/correct hand & finger position for rubbing in/adding liquid to create a dough/pressing out dough with hands to avoid rolling too thin and cutting out/ glaze/recap safe use of oven routine.	Ingredients and container for flavoured biscuits
11	Intro to creaming technique and biscuit-dough making Starter: Get ready to cook Practical: Flavoured biscuits – creaming/sieving in gradually and binding to a dough/Rolling out and cutting out/ baking Students to sketch a simple decorated biscuit design to reflect either Christmas/Easter or Summer holidays using 1-2 simple decorating techniques (not piping)	Ingredients and container for decorated biscuits I WOULD ENCOURAGE THE STUDENTS TO MAKE THE BISCUIT DOUGH AT HOME AND BRING IN READY TO ROLL OUT/CUT/BAKE & DECORATE
12	Recap creaming technique and biscuit-dough making Starter: Get ready to cook Practical: Decorated biscuits – Rolling out and cutting out/ baking/decorating Self-evaluation using progress bar for guidance Organise work into slippery fish and complete targets etc	Ingredients for seasonal practical if it's a 13 week module
13	Seasonal Practical – Christmas truffles or Easter nests Organise work into slippery fish and complete targets etc	