

<p style="text-align: center;">Term 1 Autumn</p>	<p style="text-align: center;">Year 7</p>	<p style="text-align: center;">Year 8</p>	<p style="text-align: center;">Year 9</p>
<p>Autumn term 1: Sept Thursday 5th 2025 - Oct Thursday 17th 2025</p>	<ol style="list-style-type: none"> 1. L1. Baseline test 30 mins demo 60:40:20 Biscuits – weigh measure skills 2. L2. Fork Biscuits FTP – assess practical skills excel sheet £1 3. L3. BHM - Jamaican ginger cake FPT LAW to weigh 4. L4. DIRT close assessment loop and eat well guide 	<p>L1. Demo curry Jamaican hello fresh one. Baseline test L2. FPT curry Assess excel sheet assessment. L3. DIRT close assessment loop. Why do we need protein? L4. L4 FPT make and freeze a meat sauce. Compare to ready made sauce. Nutritional info on ready sauce. Why do we choose the food we do? Pasta sheets</p>	<ol style="list-style-type: none"> 1. L1. NEA 1 sugar in cakes each group has a tray and bakes a set. Freeze them BHM history of sugar. 2. L2. NEA 2 part 2 taste panel and conclusions. BHM sugar and slavery. 3. L4. Baseline and knife skills. Lesson stir fry demo 4. L3. Stir-Fry FPT – assess excel sheet grate and shred skill
<p>Autumn term 2: Nov Tuesday 5th 2025 – Friday 20th Dec 2025</p>	<ol style="list-style-type: none"> 5. L5. FTP fruit salad – knife safety & skills assess excel sheet L6. Demo bread rolls. L4. DIRT close assessment loop 7. L7. FPT Bread rolls shaped as Christmas wreaths and deco. Picture bread. Farm to fork 	<ol style="list-style-type: none"> 5. White sauce FPT bake lasagne while in oven theory of gelatinisation. 6. Food waste lesson – quiz. 7. Why do we need protein revisit 	<ol style="list-style-type: none"> 5. L5. DIRT close assessment loop. Why do we cook food? 6. L6. Factors affecting food choice lesson 1 delivery 7. Factors on food 2 pick 1 and golden hat time 30 mins.

Term	Year 7	Year 8	Year 9
Spring Term 1: Jan-Feb	<ol style="list-style-type: none"> 1. Bread rolls 2. Demo pasta bake. 3. FPT pasta bake. Lesson 4. Evaluation. Lesson 	<ol style="list-style-type: none"> 1. Food around the world. Lesson 2. FPT savoury rice. Lesson 3. Demo Cottage Pie Lesson 4. evaluation lesson 	<ol style="list-style-type: none"> 1. Nutrition for teenagers Student review of assessment. Lesson 2. Burgers and Taste Testing. Lesson 3. Demo meatballs. Lesson
Spring Term 2: March-April	<ol style="list-style-type: none"> 1. Fortification and food safety. Lesson 2. Demo easter cupcakes. Lesson 3. Easter cupcakes. Lesson 	<ol style="list-style-type: none"> 1. FPT Cottage Pie. Lesson 2. FPT West-African lime cake. Lesson 3. Food Waste. Lesson 	<ol style="list-style-type: none"> 1. FPT meatballs and Spaghetti. Lesson 2. Wedges and Halloumi coleslaw demo. Lesson 3. FPT wraps and wedges. Lesson

Term	Year 7	Year 8	Year 9 Options list
<p>Summer Term 1: April-May</p>	<p>L1: Demo kebabs</p> <p>L2: FPT kebabs</p> <p>L3 Research assignment lesson 1 – planning for food safety presentation</p>	<p>L1: demo koftas</p> <p>L2: FPT kofta</p> <p>L3: demo cheesecake – layering, precision cutting, rotation symmetry,</p>	<p>L1: Practical Assessments or grading</p> <p>L2: Mini NEA 1 investigation best fat to use in pastry. Demo pasty, eg crimping</p> <p>L3: Production of pasty to spec. NEA 2 design brief all must be identical</p>
<p>Summer Term 2: May-July</p>	<p>L4: FPT Eton mess – Give them ingredients and recipe – get on with it – they do – assess practical skills NB diff by equipment eg hand whisk or balloon whisk</p> <p>L5: Research assignment lesson 2– planning for food safety presentation</p> <p>L6 and L7 presentations and some record no cooking</p>	<p>L4: FPT Cheesecake</p> <p>L5: Demo quiche shortcrust pastry</p> <p>L6: Make pastry and roll out to freeze – 4 groups last lesson jam tart</p> <p>L7: Fast food babies – no cooking</p>	<p>L4: Practical Thai curry fresh broc V frozen – pairs</p> <p>L5: Meat theory lesson</p> <p>L6 Swiss roll – FPT</p> <p>L7 cake theory Ratio/raising agents eg sponge</p> <p>L8 camp cooking DofE cooking Zoe to plan</p> <p>L9: Fiona Phillips the sugar doc</p> <p>L10: Fiona cont. No cook</p>