

Overview Year 7 – Dish It Up

| No | Date | Teaching and Learning Activity | Homework |
|----|------|---|--|
| 1 | | Understanding of module and health and safety. Plan practical. | Bring in ingredients and a container for Fruit Salad. Discuss Homework Challenge. Seasonal Fruit and Vegetables. A levelled piece of work. |
| 2 | | Practical (Assessed) – Make Fruit Salad | |
| 3 | | The importance of breakfast. | |
| 4 | | Healthy drinks. Design a Smoothie. | Bring in ingredients for a Smoothie. |
| 5 | | Practical – Make a Smoothie | |
| 6 | | Create a model of the packaging for a Smoothie. | Bring ingredients for Pasta Salad. |
| 7 | | Practical – Make Pasta Salad | |
| 8 | | Product analysis of breads from around the world. | Bring in ingredients for Bread Rolls |
| 9 | | To produce a batch of Bread Rolls and evaluate work and quality of product. | |
| 10 | | Design a range of Bread Rolls from around the world. Research and make mini flags. | Bring in ingredients for flavoured Bread Rolls. |
| 11 | | Practical – Make flavoured Bread Rolls | |
| 12 | | Learn about cereals. Product comparison. | Bring in ingredients for Flapjack. |
| 13 | | Practical – Make Flapjack | |
| 14 | | To learn about the “eatwell plate”. Focussing on lunch. Plan provided. To plan to make a savoury or sweet muffin | Bring ingredients for making Muffins, remember your muffin cases. |
| 15 | | Practical - Muffins | |

| | | | |
|----|--|---|---|
| 16 | | To design healthy muffin and produce a plan. | Bring ingredients for making Muffins, remember your muffin cases. |
| 17 | | Practical - Muffins | Bring in ingredients and oven proof container for seasonal crumble. |
| 18 | | Practical - Make Seasonal Crumble | |
| 19 | | Free choice to modify one of the recipes produced in the module. – Assessed piece of work | Bring in ingredients for modified practical of your choice. |
| 20 | | Practical - Make a modified practical of your choice Assessed piece of work. | Fill in end evaluation. |

| Overview Year 8 – Functions of Ingredients | | | Student's Name: |
|--|------|---|--|
| No | Date | Teaching and Learning Activity | Homework |
| 1 | | Introduction – Raising Agents. Design and make it text books page 30 or 38. | Allergy and preparation letters to be signed at home. Read and highlight main points – Washing Up Guidelines. Complete research of starchy foods in the booklet. |
| 2 | | Make a batch of scones in a team – CROWS activity (school to provide ingredients). Complete findings and HACCP chart. | Homework challenge. To be handed in lesson 8 - levelled |
| 3 | | Planning for pizza practical | To weight out and prepare ingredients for pizza practical next lesson |
| 4 | | Make a pizza to own design – levelled practical. | Evaluate product/ practical skills. |
| 5 | | Investigate casings and fillings. School to provide a pack of savoury hand-held products to be analysed. | Research – Existing sweet and savoury products available in the supermarket and coffee shops/record. |
| 6 | | Planning for quiche, fruit pie or pasties. | Collect and weigh ingredients for making 300g short crust pastry (½ to be made into a savoury flan, ½ to be frozen for second product. |
| 7 | | Make batch of short crust pastry. ½ used for quiche other half frozen for next week. | Collect and weigh ingredients to make fruit pie/ pasties. |
| 8 | | Using frozen pastry make fruit flan or pasties. | |
| 9 | | Make a hand held product (ginger nuts) using the melting method, in a team – CROWS activity. School to provide the ingredients. | Complete write up – CROWS activity. Collect and weigh ingredients for making raisin and oat meal cookies. Learn method. |
| 10 | | Make a batch of raisin and oatmeal cookies (creaming method). | |
| 11 | | Introduce Beat the Take away project Hygiene – board works food poisoning. | Set Homework challenge – planning sheet to be levelled for one of the next practical sessions. |
| 12 | | Analyse existing take away | Plan for spaghetti bolognese practical – collect and weigh out ingredients |
| 13 | | Spaghetti bolognese practical | Evaluate – plan for curry practical – collect and weigh out ingredients. |
| 14 | | Curry Practical | Plan for chow Mein /stir-fry practical – collect and weigh out ingredients. |
| 15 | | Chow Mein / stir-fry | Plan for Fajitas practical – collect and weigh out the ingredients. |
| 16 | | Fajitas practical | Plan for pasta bake practical– collect and weigh out ingredients. |
| 17 | | Pasta bake practical | Plan for healthier take away practical– collect and weigh out ingredients. |
| 18 | | Healthier Take Away practical | |