Fareham Academy Food Preparation & Nutrition Overview – Year 7



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic(s)	The basic kitchen skills	The hobs and ovens	Classic dishes Part 1	Classic Dishes Part 2	Baking Part 1	Baking Part 2
Topic Objectives	Acquire a set of basic kitchen routines and techniques.	Use and cook with ovens and hobs in a safe manner.	Cook a set of classic dishes.	Cook a set of classic dishes.	Bake Cookies and Muffins	Bake Fruit Flan, Victoria Sponge and Jam Tarts
Acquired Knowledge/Skills	- Wash hands appropriately - Explore how to handle food - Use a variety of knife skills safely - Know how to wash, dry and tidy the equipment - Dishes: Dips and Dippers, Sandwich, Vegetable Soup	- Safely use the ovens and the hobs - Cook a starter a main and a desert - Dishes: Pizza, Yorkshire Pudding, Minced Pies	- Safely handle raw meat - Cook pasta - Cook potatoes - Prepare a basic roux/white sauce - Prepare a batter - Dishes: Macaroni Cheese, Sausage and Mash, Pancakes	- Prepare a basic sauce - Cook rice - Dishes: Spaghetti Bolognaise, Chicken Tikka Masala	- Investigate preheated oven and preparing tins Learn how to measure ingredients appropriately - Create different mixing techniques - Dishes: Quatre Quarts Muffins, Chocolate Chips Cookies	- Cook different sponge types bakes - Create short crust pastry - Dishes: Fruit Flan, Victoria Sponge, Jam Tarts
Assessments	Students are verbally assessed at the end of each lesson based on their presentation and teamwork. The best team wins a rewarded.	Students are verbally assessed at the end of each lesson based on their presentation and teamwork. The best team wins a rewarded.	Students are verbally assessed at the end of each lesson based on their presentation and teamwork. The best team wins a rewarded.	Students are verbally assessed at the end of each lesson based on their presentation and teamwork. The best team wins a rewarded.	Students are verbally assessed at the end of each lesson based on their presentation and teamwork. The best team wins a rewarded.	Students are verbally assessed at the end of each lesson based on their presentation and teamwork. The best team wins a rewarded.