

# Food & Nutrition Year 7 - KS3



Lesson	Activity
1	Health and Safety - Introduction to the room/subject and getting to know you.
2	Knife Safety - Knife skills practical
3	Salt and Pepper Chicken demo & introduction to Nutrition
4	Salt and Pepper Chicken practical
5	Pasta practical – Introduction to using hob & sensory analysis
6	Pizza demonstration – Fat theory information
7	Pizza Practical
8	Fruit crumble demonstration – Seasonal Foods
9	Fruit crumble Practical
10	Chicken wings demonstration – Cooking on a budget
11	Chicken wings Practical
12	Lemon drizzle demonstration – Food Miles
13	Lemon drizzle practical
14	Chicken goujons demonstration – Cultural beliefs and Food Choices
15	Chicken goujon practical



Lesson	Activity
1	Recap rules and Expectations. Build a Burger demo and observation sheet.
2	Burger Practical
3	Spring Rolls demonstration - Food Miles Theory
4	Spring Roll Practical
5	Banna and Cinnamon Muffin Demo – Fair Trade theory
6	Banana and Cinnamon Muffins Practical
7	Shortcrust Pastry demo and pastry Practical
8	Chicken & Sweetcorn mini quiche practical
9	Decorated Focaccia bread demonstration – Gluten theory
10	Decorated Focaccia Practical
11	Cheesecake practical (online demo)
12	Cupcake demonstration – Food presentation theory
13	Cupcake practical
14	Piping and decoration practical
15	Triple cooked chips and dips practical (groupwork)



## Food & Nutrition Year 9 - KS3

Lesson	Activity
1	Recap rules and Expectations. Sweet and sour chicken demo and observation sheet.
2	Sweet and Sour chicken practical
3	Vegetable fried rice demonstration - Role of the Environmental Health Officer
4	Fried Rice Practical
5	Chicken Kebabs demo – Food Poverty
6	Chicken Kebab Practical
7	Yoghurt Flat bread Demo and Practical
8	Brownies Demo – Sugar Theory
9	Brownies Practical
10	Thai Green Curry Demo - Religion & Food

Lesson	Activity
11	Thai Green Curry Practical
12	Bombay Potatoes Demo - Skills review
13	Bombay potatoes Practical
14	Apple and cinnamon roses demo – Kahoot Quiz to review theory knowledge
15	Apple and Cinnamon roses practical
16	Fresh Lasagne full demo - Practical make pasta
17	Lasagne assemble practical – Ragu and Bechamel sauce
18	Free Choice practical - Controlled assessment Intro (in pairs) - Review of skills
19	Controlled assessment planning
20	Practical