

	Week	Year 7	Year 8	Year 9
Autumn Term 1	1	Theory- Introduction to the Food Room	Theory- Hygiene and Safety, recap of Food Safety Rules	Theory- Hygiene and Safety, recap of Food Safety Rules
	2	Theory- Food Kitchen Hygiene and Safety Rules Practical- Knife Skills	Theory- Hygiene and Safety and Equipment.	Theory- Hygiene and Safety including Food Poisoning
	3	Theory- Food Kitchen Hygiene and Safety Rules Practical- Fruit Salad	Theory- Cooking Methods Practical- Fajitas	Practical- Sausage Carmelised Onion Sausage Rolls
	4	Theory- Equipment including hob safety Practical- Pizza Subs	Theory- Factors affecting Food Choice Practical- Savoury Rice	Theory- Environmental Health Officer
	5	Theory- Weighing and measuring Practical- Quesadillas	Theory- Nutrition Lifestages Practical- Apple Crumble	Practical- Goujons
	6	Theory- Deli pasta design and production plan Practical- Cheese Pasties	Theory- Functions of ingredients- cake making methods Practical- Marble Pear Tray Bake	Theory- Nutrients Macro/ Micro
	7	Theory- Food Safety including the Environmental Health Officer Practical- QMA Deli Pasta	Theory- Food Science- Functions of Ingredients- pastry Practical- Jamaican Patties	Practical- QMA Cheesecake
	8	Theory- Hazard Analysis Critical Control Points and production plan Practical- Pizza pinwheels	Theory- Food Waste Practical- Burgers	Theory- Job Roles and attributes
Autumn Term 2	9	Theory- Nutrition focusing on a Reading task about the eatwell guide and 5 a day Practical- Tomato Sauce	Theory- QMA Written Practical- Chilli	Practical- Pasta Bake
	10	Theory- QMA Written Test Practical- Pasta Bake	Theory- QMA Preparation- HACCP and reasons for choice. Practical- Spaghetti Bolognese	Theory- Food Science
	11	Theory- Nutrition focusing on fibre and water Practical- Fairy Cakes	Theory- QMA Preparation Production plan for QMA Practical- Chicken chow mein	Practical- Own Dish
	12	Theory- Dietary requirements including religion, allergies and special diets Practical- Flapjacks	Practical- QMA	Theory- Written QMA
	13	Theory- Cooking Methods	Theory- Evaluation	Practical- Pizza

		Practical- Seasonal Practical	Practical- Mac and Cheese	
	14	Theory- Where food comes from Practical- Summer Practical	Theory- Seasonality Practical- Seasonal Dish	Practical- Curry
	15	Theory- Food Kitchen Hygiene and Safety Rules Practical- Knife Skills	Theory- Hygiene and Safety and Equipment.	Theory- Hygiene and Safety including Food Poisoning and Environmental Health Officer
Spring Term 1	16	Theory- Food Kitchen Hygiene and Safety Rules Practical- Fruit Salad	Theory- Cooking Methods Practical- Fajitas	Practical- Sausage Carmelised Onion Sausage Rolls
	17	Theory- Equipment including hob safety Practical- Pizza Subs	Theory- Factors affecting Food Choice Practical- Savoury Rice	Theory- Environmental Health Officer
	18	Theory- Weighing and measuring Practical- Quesadillas	Theory- Nutrition Lifestages Practical- Apple Crumble	Practical- Goujons
	19	Theory- Deli pasta design and production plan Practical- Cheese Pasties	Theory- Functions of ingredients- cake making methods Practical- Marble Pear Tray Bake	Theory- Job Roles and attributes
	20	Theory- Food Safety including the Environmental Health Officer Practical- QMA Deli Pasta	Theory- Food Science- Functions of Ingredients- pastry Practical- Jamaican Patties	Practical- QMA Cheesecake
	21	Theory- Hazard Analysis Critical Control Points and production plan Practical- Pizza pinwheels	Theory- Food Waste Practical- Burgers	Theory- Nutrition- Micro and Macro nutrients
Spring Term 2	22	Theory- Nutrition focusing on a Reading task about the eatwell guide and 5 a day Practical- Tomato Sauce	Theory- QMA Written Practical- Chilli	Practical- Pasta Bake
	23	Theory- QMA Written Test Practical- Pasta Bake	Theory- QMA Preparation- HACCP and reasons for choice. Practical- Spaghetti Bolognese	Theory- Food Science
	24	Theory- Nutrition focusing on fibre and water Practical- Fairy Cakes	Theory- QMA Preparation Production plan for QMA Practical- Chicken chow mein	Practical- Own Dish
	25	Theory- Dietary requirements including religion, allergies and special diets Practical- Flapjacks	Practical- QMA	Theory- Written QMA
	26	Theory- Cooking Methods Practical- Seasonal Practical	Theory- Evaluation Practical- Mac and Cheese	Practical- Pizza
Summer Term 1	27	Theory- Where food comes from Practical- Summer Practical	Theory- Seasonality Practical- Seasonal Dish	Practical- Curry

	28	Theory- Food Kitchen Hygiene and Safety Rules Practical- Knife Skills	Theory- Hygiene and Safety and Equipment.	Theory- Hygiene and Safety including Food Poisoning and Environmental Health Officer
	29	Theory- Food Kitchen Hygiene and Safety Rules Practical- Fruit Salad	Theory- Cooking Methods Practical- Fajitas	Practical- Sausage Carmelised Onion Sausage Rolls
	30	Theory- Equipment including hob safety Practical- Pizza Subs	Theory- Factors affecting Food Choice Practical- Savoury Rice	Theory- Environmental Health Officer
	31	Theory- Weighing and measuring Practical- Quesadillas	Theory- Nutrition Lifestages Practical- Apple Crumble	Practical- Goujons
	32	Theory- Deli pasta design and production plan Practical- Cheese Pasties	Theory- Functions of ingredients- cake making methods Practical- Marble Pear Tray Bake	Theory- Nutrients Macro/ Micro
	33	Theory- Food Safety including the Environmental Health Officer Practical- QMA Deli Pasta	Theory- Food Science- Functions of Ingredients- pastry Practical- Jamaican Patties	Practical- QMA Cheesecake
Summer Term 2	34	Theory- Hazard Analysis Critical Control Points and production plan Practical- Pizza pinwheels	Theory- Food Waste Practical- Burgers	Theory- Job Roles and attributes
	35	Theory- Nutrition focusing on a Reading task about the eatwell guide and 5 a day Practical- Tomato Sauce	Theory- QMA Written Practical- Chilli	Practical- Pasta Bake
	36	Theory- QMA Written Test Practical- Pasta Bake	Theory- QMA Preparation- HACCP and reasons for choice. Practical- Spaghetti Bolognese	Theory- Food Science
	37	Theory- Nutrition focusing on fibre and water Practical- Fairy Cakes	Theory- QMA Preparation Production plan for QMA Practical- Chicken chow mein	Practical- Own Dish
	38	Theory- Dietary requirements including religion, allergies and special diets Practical- Flapjacks	Practical- QMA	Theory- Written QMA
	39	Theory- Cooking Methods Practical- Seasonal Practical	Theory- Evaluation Practical- Mac and Cheese	Practical- Pizza
	40	Theory- Where food comes from Practical- Summer Practical	Theory- Seasonality Practical- Seasonal Dish	Practical- Curry