

Module/Unit of Learning	Taught During	What will students learn?	How does this help to build a broad and strong foundation?	Links to other Subjects
The Importance of Healthy Eating	Autumn Term	Students will learn about obesity, including what it is and the causes of obesity at different age groups, as well as how obesity can be prevented. Students will then learn how to use this knowledge to plan recipe ideas that offer healthy food options. Students will also learn about the qualities of bread and its manufacture, and how each component of bread making contributes to a successful loaf. Alongside this, students will continue to learn about kitchen practices, including how to avoid cross-contamination, bridge and claw cutting methods, browning, simmering, all-in-one method, raising agents, and use of a food probe.	Knowing how to live a healthy lifestyle is a fundamental skill. This learning will expand on previous knowledge of the Eatwell Guide to increase students' awareness of how to design and prepare healthy meals so that they have an increasing repertoire from which to draw upon.	Science – nutrients CLASS – Healthy Lifestyles
Grains and Starches	Spring Term	Students will begin with a practical cook where they will learn about the rubbing in method, how to line a tin, and how to combine ingredients. Students will then learn about grains and starches, first considering what they are and then learning how they gelatinise. Students will also learn about different dietary requirements, the difference between allergies and intolerances, and why some people choose certain restrictive diets. Alongside this, students will continue to learn about kitchen practices, including weighing ingredients, enrobing, blending, and heating.	As students develop their understanding of food and its properties, they are expanding their repertoire of ingredients and methods, and an awareness of how other people choose to eat and why. This strong foundation will encourage students to make more informed choices about their food.	Science – nutrients CLASS – Healthy Lifestyles GEOGRAPHY – food production
Food miles, local and seasonal produce	Summer Term	Students will learn about where foods come from and the carbon emissions from food miles. Students will learn where foods come from and how to make better choices in sourcing foods. They will also learn how to prepare and cook raw meat/poultry, how to test with a probe, using vegetables in cakes, portioning, shaping and baking.	Students are continuing to develop their understanding of the food around them where food comes from. Students are continuing to be encouraged to make informed choices and food preparation and consumption.	Science – nutrients, carbon emissions CLASS – Healthy Lifestyles GEOGRAPHY – food miles and farming methods