

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
Mass production	Summer Term	Students will learn about mass and batch production of foods for consumption, including the use of additives and why they are used in foods to extend shelf life. Students will learn how to batch produce foods while also learning a variety of new kitchen skills including, using raw meat, shaping foods, crimping, glazing and baking.	Students are continuing to develop their understanding of the food around them, and batch and mass production, including the use of additives, is part of this increased awareness. Students are continuing to be encouraged to make informed choices and food preparation and consumption.	Science – nutrients CLASS – Healthy Lifestyles