

KS 3 Plans

Year 7

6 Theory

1 Assessment

12 Practical

Autumn Term 7 lessons

1. Safety and Hygiene – Get ready to cook w/s. Safety sheets in current booklet
2. Personal Hygiene P.P./Room/Dates for practical
3. Cheese on toast
4. Fruit salad
5. Fish Pie
6. Fruit Crumble
7. Scones

Spring Term 5/6 lessons

1. P.P. Being healthy/hygienic
2. Pizza
3. Eatwell plate – P.P. /Info. Sheet
4. Flapjack
5. Food diary/activity diary

Summer term 6/7 lessons

1. Basic nutrition
2. Bread and butter pudding
3. Pasta in sauce
4. Rice salad
5. Cheesecake
6. Assessment – use pasta questions from past booklet plus eatwell/nutrition/hygiene
7. Fairy cakes