

TERM	HT1	HT2	HT3	HT4	HT5	HT6
Unit Title	Introduction to food skills Black History Month	Family Favorites	All about the timing (Multi-step meals) Chinese New Year	Flavours and Seasoning	Healthy Eating	Diets
Theory	1. Health and Safety, kitchen rules 2. Bread Pudding, Jamaica 3. St. Lucia 4. Morocco 5. Caribbean, chilies 6. Jerk	1. History of Victoria Sponge 2. Name that spice 3. Economizing and Batch cooking 4. Versatile recipe 5. Pesto 6. Sweet and Spice 7. Student choice 8. Festive bake	9. Cooking with pasta/pasta alternatives 10. How to prepare fish 11. How to make pastry 12. Nutritional values 13. How to prepare meat/meat alternatives	1. Marinate 2. Sweet spice 3. Salt in food 4. Planning and organisation 5. Assessment week 6. Pepper	1. Fast food made healthy 2. Rainbow plate 3. 5 a day 4. Eatwell plate 5. Assessment week	1. Vegetarian diet 2. Vegan diet 3. Mediterranean diet 4. Gluten free diet 5. Assessment folders completed
Assessment Type	Verbal feedback and formative folder assessment	Verbal feedback and formative folder assessment Planning and preparing a meal	Verbal feedback and formative folder assessment	Verbal feedback and formative folder assessment Planning and preparing a two-course meal	Verbal feedback and formative folder assessment Planning and preparing a two-course meal	Verbal feedback and formative folder assessment BTEC folders