



Year	Autumn Term 1 & 2 Unit	Spring Term 1 & 2 Unit	Summer Term 1 & 2 Unit
5	<p><b><u>Brilliant Breakfasts!</u></b>  <b>6 X Double lessons- total</b>            Hygiene safety, room routines            Knife skills            5 A Day / Eatwell guide - basic            Seasonality            Sensory evaluation introduction            Weighing (digital scales) &amp; measuring (jug)            Following a recipe            Basic recipe modification            Hob / oven introduction            Frying / baking / heating / timing / plating  <b>Design &amp; make a breakfast muffin</b></p>	<p>Autumn Term 1 Unit repeated to year group over Spring Term 1 &amp; Spr. term 2</p>	<p>Autumn Term 1 Unit repeated to year group over Summer Term 1 &amp; 2</p>
6	<p><b><u>Perfect Packed Lunches!</u></b>  <b>6 X Double lessons- total</b>            Review Hygiene &amp; safety / room routines            Using the Eatwell guide – achieving balance            Focus on fibre            Food sources – reared – grown – farmed/ Food provenance            Developing confidence hob/oven            Following a recipe / weighing &amp; measuring            Rubbing-in method            Modifying recipes / writing a recipe  <b>Design, plan &amp; make an item for a packed lunch</b></p>	<p>Autumn Term 1 Unit repeated to year group over Spring Term 1 &amp; Spr. Term 2</p>	<p>Autumn Term 1 Unit repeated to year group over Summer Term 1 &amp; 2</p>
7	<p><b><u>Bread-tastic!</u></b>- repeated for every child over Autumn Term  <b>4 X Double lessons</b>            Sensory evaluation -breads around the world.            Food science relating to the ingredients and processes in making bread. Focus on gluten and yeast.   <b>Adapt a basic bread recipe to make a bread-based product.</b></p>	<p><b><u>Building Skills-</u></b> repeated for every child over Spring / Summer term  <b>7 X Double lessons</b>            Intro: food sustainability / Food Miles            Shortcrust pastry            Knife skills/ vegetable cookery            Cake-making            All-in-one / roux white sauce  <b><u>Create a dish!</u></b>  <b>Design, plan and make a pasta dish using skills developed over term.</b></p>	
8	<p><b><u>Getting to grips with nutrients-</u></b> repeated for every child over Autumn Term  <b>4 X Double lessons</b>            Micro / macro nutrients-sources/ needed for            Using a nutritional programme - Explore Food –            Adapting recipes to make them healthier            Building skills: using a wok / marinades / exploring ingredients and methods.</p>	<p><b><u>Meals for Mates-</u></b> repeated for every child over Spring / Summer term  <b>7 X Double lessons</b>            Food sustainability / Food miles            Dietary needs through life            Dietary needs of an adolescent            8 tips for healthy living  <b>Plan and make a 2-course meal for teenagers. Justify choices in terms of nutritional needs and dietary goals.</b>            Ext: after researching food patterns etc base ideas on a country of choice – research country to find out eating patterns, key ingredients, recipes and cooking methods.</p>	