



**RESOURCES**  
Introduction PowerPoint  
Food booklets

**KNOWLEDGE AND SKILLS**  
Hygiene and safety  
Healthy eating and nutrition  
Food waste and sustainability



**INGREDIENTS**  
2 carrots, 1 onion, 1 Celery, 2 potatoes, oil, vegetable stock cube

**KNOWLEDGE AND SKILLS**  
Dicing, peeling, cutting claw method, using the hob, blending, measuring liquids, simmering



**Introduction to Food Technology**



**VEGETABLE SOUP**

**EQUIPMENT**  
Sharp knife, Peeler, green chopping board, Colander, measuring jug, wooden spoon, saucepan, hand blender

**HOMEWORK**  
Front cover, bringing ingredients

**HOMEWORK**  
Front cover, bringing ingredients

**Year 7 Healthy Eating**

**Year 7 Healthy Eating**



**EQUIPMENT**  
Sharp knife  
Peeler  
green chopping board  
bowl

**INGREDIENTS**  
5 Different fruits, Choose from, strawberries, apple, banana, grapes, pear, kiwi fruit, pineapple, blueberries  
Lemon juice

**FRESH FRUIT SALAD**



**INGREDIENTS**  
1/2 yellow pepper, 1 spring onion, 1 mushroom, 30g hard cheese, 2 slices of bread, 2 x 15ml spoons tomato pizza sauce, 1/2 5ml sauce mixed herbs



**PIZZA TOAST**

**EQUIPMENT**  
Chopping board, sharp knife, grater, fish slice, measuring spoons, spoon, weighing scales, oven gloves



**HOMEWORK**  
Evaluation  
Bring ingredients

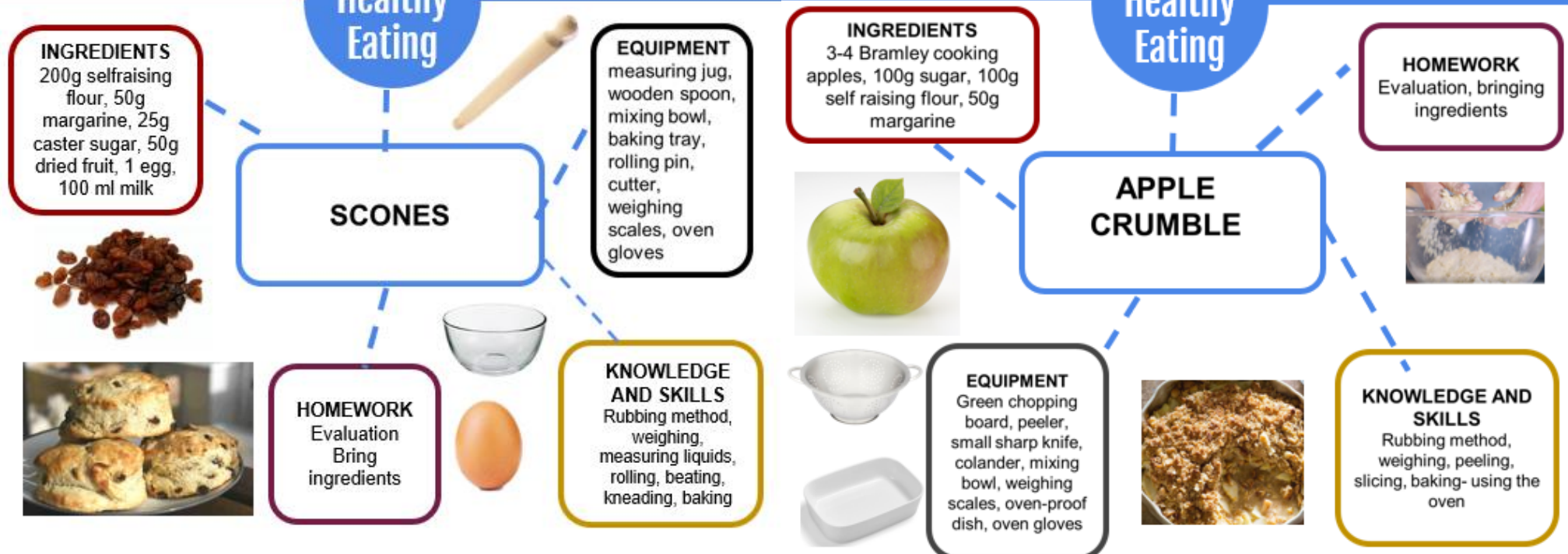
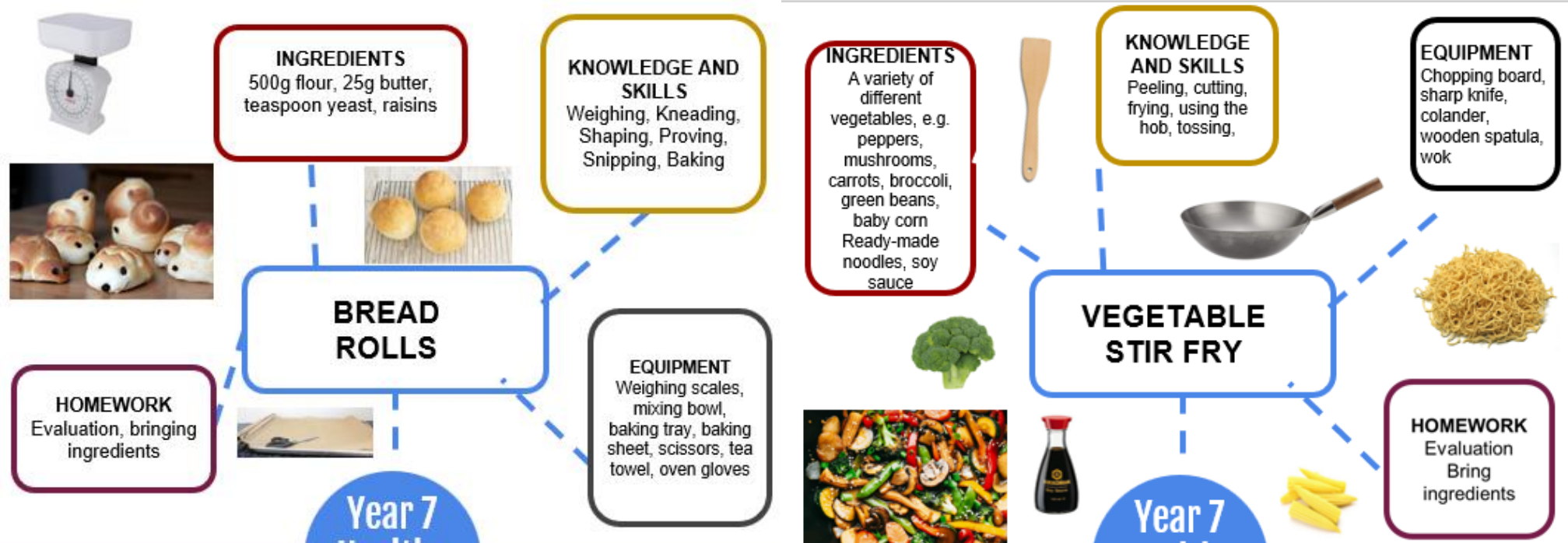
**KNOWLEDGE AND SKILLS**  
Peeling  
Chopping  
Cutting- bridge method



**HOMEWORK**  
Evaluation  
Bring ingredients



**KNOWLEDGE AND SKILLS**  
Weighing, measuring, slicing, grating, spreading, grilling





**INGREDIENTS**  
Dependent on the dish and adaptations made



**EQUIPMENT**  
Dependent on the chosen dish and adaptations made



**KNOWLEDGE FACTORS AFFECTING FOOD CHOICE,** sensory factors, social factors, environmental factors, medical factors



**CONSOLIDATION – ADAPTING A RECIPE**



**KNOWLEDGE AND SKILLS**  
Cooking for a target audience, recipe adaptation, consolidation cooking skills



**HOMework**  
Research task bring ingredients

**PROJECT INTRODUCTION**

**RESOURCES**  
PowerPoint  
World map,  
vegetable sheet,  
booklets

**HOMework**  
Evaluation



**Year 7 Healthy Eating**



**Year 8 Classic Dishes**

**INGREDIENTS**  
200g butter, 200g caster sugar, 1 egg, 400g plain flour, icing, decoration



**EXTENSION - SEASONAL BISCUITS**



**KNOWLEDGE AND SKILLS**  
Rubbing method, weighing, measuring liquids, rolling, Decorating, baking



**EQUIPMENT**  
measuring jug, wooden spoon, mixing bowl, baking tray, rolling pin, cutters, weighing scales, oven gloves

**INGREDIENTS**  
2tbsp Olive oil, 400g beef mince or Quorn mince, Onion, 2 garlic cloves, 1 carrot, 1 tin of chopped tomatoes, 1 stock cube, beef or vegetable



**BOLOGNESE SAUCE**

**EQUIPMENT**  
Chopping board, sharp knife, grater, bowl, measuring jug, tin opener, saucepan



**HOMework**  
Evaluation, bring ingredients



**KNOWLEDGE AND SKILLS**  
Peeling, dicing, browning meat, frying, weighing, measuring liquid, grating, simmering – using the hob



**INGREDIENTS**  
250g plain flour,  
125g butter, tbsp. oil,  
onion, 2 eggs, 280ml  
double cream, 200g  
cheese



**EQUIPMENT**  
Chopping board,  
sharp knife,  
measuring jug,  
grater, weighing  
scales, whisk, bowls,  
flan tin, rolling pin

**HOMEWORK**  
Evaluation, bring  
ingredients



**KNOWLEDGE AND SKILLS**  
Making pastry –  
rubbing, weighing,  
beating eggs, grating  
cheese, rolling,  
softening onions,  
baking, greasing tins,  
timing

**CHEESE AND ONION QUICHE**

**Year 8**

**INGREDIENTS**  
110g butter, 200g  
sugar, 2 eggs, 60g  
flour, 30g cocoa  
powder, 1tsp vanilla  
extract



**EQUIPMENT**  
Weighing scales,  
baking tray, baking  
paper, palette knife,  
mixing bowls, whisk

**HOMEWORK**  
Evaluation, bring  
ingredients



**CHOCOLATE BROWNIES**

**Year 8**

**KNOWLEDGE AND SKILLS**  
Weighing, mixing,  
beating eggs, baking,  
using the oven

**KNOWLEDGE AND SKILLS**  
Making dough -  
Kneading, rolling,  
working on hob, grating,  
use of oven,  
adaption/selection of  
ingredients



**MARGARITA PIZZA**

**EQUIPMENT**  
Mixing bowl,  
weighing scale,  
chopping board,  
sharp knife,  
saucepan, baking  
tray, measuring jug,  
wooden spoon, tea  
towel

**INGREDIENTS**  
300g bread flour, 1tsp  
instant yeast, 1tbsp. Oil,  
100ml passata, 1 garlic  
clove, basil, mozzarella,



**HOMEWORK**  
Evaluation, bring  
ingredients

**KNOWLEDGE AND SKILLS**  
Chopping, Dicing,  
Boiling, Simmering,  
Softening onions,



**EQUIPMENT**  
Sharp knife,  
chopping board,  
saucepan, frying  
pan, tin opener

**SPINACH, POTATO AND CHICKPEA CURRY**

**INGREDIENTS**  
1 onion, 1 garlic clove,  
1 potato, 2 tbsp. curry  
paste or powder, 1 can  
chopped tomatoes, 1  
can chickpeas, 3  
handfuls spinach



**HOMEWORK**  
Evaluation, bring  
ingredients

**INGREDIENTS**  
200g butter, 200g  
sugar, 4 eggs, 200g  
flour, Jam

**EQUIPMENT**  
Weighing scales,  
baking paper, mixing  
bowl, wooden spoon,  
sieve, cake tin x 2

**HOMEWORK**  
Evaluation, bring  
ingredients



**VICTORIA SPONGE**

**KNOWLEDGE AND SKILLS**  
Weighing, mixing,  
sieving flour beating  
eggs, greasing tins,  
Victoria sponge  
baking, using the oven



**Year 8**

**KNOWLEDGE AND SKILLS**  
Cooking for a target  
audience, recipe  
adaptation,  
consolidation cooking  
skills

**HOMEWORK**  
Evaluation

**CONSOLIDATION  
\_ ADAPTING A  
RECIPE**



**EQUIPMENT**  
Dependent on the  
dish and adaptations  
made



**INGREDIENTS**  
Dependent on the  
dish and  
adaptations made

