

A mastery curriculum for Food Preparation, cooking and nutrition

	Core skills to be mastered	Core knowledge to be mastered
Year 7	<p>Basic health, hygiene and safe practice in the kitchen.</p> <p>Selecting appropriate equipment for:- peeling, chopping, slicing, rubbing in method, weighing, mixing, shaping, rolling, producing consistent size shape.</p> <p>Making:- sandwiches, fruit salad, sticks and dips, veg stir fry, veg risotto, cookies, soup, smoothies, biscuits.</p> <p>Use of hob and oven</p>	<p>Basic hygiene and safety in the kitchen.</p> <p>What influences food choices (Season, cost, culture, religion).</p> <p>How to select, prepare and cook basic ingredients.</p> <p>The importance of a healthy and varied diet.</p>
Year 8	<p>Storing using fridge, blast chiller, ambient temperatures.</p> <p>Frying, grilling, baking, boiling, simmering, sweating, caramelising, dextrinising,</p> <p>Fruit crumble, Spaghetti bolognaise, Chilli con carne, curry.</p> <p>Pastry making – shortcrust- Pasties, sausage rolls, samosas, Pasta bake.</p> <p>Sauce making-béchamel, all-in one.</p>	<p>How to store food safely and hygienically.</p> <p>How to apply heat in different ways.</p> <p>How to test to decide how to season and combine foods.</p> <p>How to cook a repertoire of predominantly savoury healthy dishes.</p>
Year 9	<p>Disassembly of food product and producing packaging considering marketing, advertising and promoting, specific diets.</p> <p>Using food processor-Bread making – Recipe development – Pizza, Chelsea buns, Garlic bread, Naan, Focaccia</p> <p>Using electric whisk, Cake making, Victoria sponge, Whisked sponge (Swissroll), Meringue.</p> <p>Cheesecake, Jambalaya, Lasagne, Moussaka.</p> <p>Using microwave, blast chiller, freezer.</p>	<p>How to cost and plan balanced diets.</p> <p>Understand energy balance (dietary excess or deficiency).</p> <p>How to market, advertise and promote products.</p> <p>How to minimise food waste (composting fruit and veg peelings etc.)</p> <p>How to use a broader range of preparation and cooking techniques methods.</p>