



KS3 Catering

	Content
Year 7 HT1	<p>In Year 7 students are equipped with basic skills which they will use throughout Key Stage 3. These involve:</p> <p>Food hygiene and safety in the kitchen www.food.gov.uk</p> <p>Weighing and measuring</p> <p>Safe use of the hob and oven</p> <p>Knife skills</p> <p>Diet and nutrition</p> <p>Year 7 practical lessons include making: cookies, fruit kebabs, fruit crumble, pasta salad and pizza.</p>
Year 7 HT2	
Year 7 HT3	
Year 7 HT4	
Year 7 HT5	
Year 7 HT6	
Year 8 HT1	<p>In Year 8 students continue to build on skills covered in Year 7 with a stronger emphasis on adapting recipes and producing a range of savoury and sweet dishes to a good standard including accurate portion control. Students will develop an understanding of food miles, food security and how to minimise food waste.</p> <p>The key concepts covered in Year 8 are:</p> <p>Food miles and food security www.foodafactoflife.org.uk/11-14</p> <p>Recipe adaptation and Planning</p> <p>Year 8 practical lessons include making: jam tarts, sweet or savoury pasties, profiteroles, flapjacks, cupcakes, shortbread and Swiss roll.</p> <p>Portion Control and decorative techniques will be introduced.</p>
Year 8 HT2	
Year 8 HT3	
Year 8 HT4	
Year 8 HT5	
Year 8 HT6	
Year 9 HT1	<p><u>Foods from around the world</u></p> <p>In Year 9 students continue to build on skills covered in Year 7 and 8 with a stronger emphasis on dishes/food products from around the world as well as some traditional British dishes. Students will be given the opportunity to build on their practical skills to produce high quality products presented and garnished to a high standard. Students are also encouraged to explore different flavours and textures whilst learning a variety of preparation and cooking techniques.</p> <p>The key concepts covered in Year 9 are:</p> <p>Multicultural foods and traditional British foods</p> <p>Religion and food choices</p> <p>Menu planning</p> <p>Sensory Analysis</p> <p>Year 9 practical lessons include making: fresh pasta, American muffins, Stir fry, Pizza swirls/calzone, hot & spicy, mini pavlova, Victoria sponge cake.</p>
Year 9 HT2	
Year 9 HT3	
Year 9 HT4	
Year 9 HT5	
Year 9 HT6	