



MAGHULL HIGH SCHOOL – CURRICULUM MAP

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
TOPIC (S)	<p>Objective:</p> <p>To explain the layout of the food room.</p> <p>To introduce pupils to the My learning journey booklet (progress tracker).</p> <p>To recognise, name and locate the tools and equipment in the food room.</p> <p>To describe the expectations for working in the food room.</p> <p>To explain and apply health and safety practices used.</p> <p>To practice safe and effective use of knives.</p> <p>To compare and evaluate existing products.</p> <p>.</p>	<p>To explain the layout of the food room.</p> <p>To introduce pupils to the My learning journey booklet (progress tracker).</p> <p>To recognise, name and locate the tools and equipment in the food room.</p> <p>To describe the expectations for working in the food room.</p> <p>To explain and apply health and safety practices used.</p> <p>To practice safe and effective use of knives.</p> <p>Demonstration/ Practical:</p> <p>Pasta Salad.</p> <p>Demonstrate the cutting techniques 'Bridge' and 'Claw' grips.</p> <p>To create a tasty and nutritious meals using pasta as a base</p>	<p>To describe the principles of <i>The Eatwell Guide</i> and relate this to their own diet.</p> <p>To name the main nutrients provided by <i>The Eatwell Guide</i> food groups.</p> <p>To explain and apply the 8 tips for healthy eating, the 5 A Day message and portion size.</p> <p>To explain where fruit and vegetables come from and how seasonality affects price and availability.</p> <p>To compare and evaluate existing products.</p> <p>Demonstration/ Practical:</p> <p>Apple Crumble.</p> <p>Demonstrate the 'rubbing in method' of baking. Using seasonal produce to produce a nutritious meal.</p>	<p>To prepare and cook a seasonal, fresh vegetable dish, such as ratatouille or soup.</p> <p>To demonstrate the safe use of the hob, sharp knives and to measure liquids accurately.</p> <p>To investigate and evaluate the effects of cooking vegetables.</p> <p>To apply the principles of food safety and hygiene when cooking.</p> <p>Demonstration/ Practical:</p> <p>Easy-Peasy Pizza.</p> <p>To use pre-produced foods in an interesting and nutritious manner.</p> <p>Understanding the use of 'left-overs' can be used in an innovative way to produce a nutritious meal.</p>	<p>Evaluation and calories calculation exercise if they have cooked the previous lesson.</p> <p>Demonstration/ Practical:</p> <p>Flap-Jacks</p> <p>To use the 'melting-method' for biscuit production. Be able to adapt a recipe to create a healthier version of a basic recipe.</p>	<p>To prepare and cook a savoury dish with a topping made from starchy food, such as vegetable cobbler or savoury crumble.</p> <p>To demonstrate weighing and measuring, rubbing-in, preparation of fillings, e.g. peeling, slicing, layering ingredients, using the oven (baking).</p> <p>To apply the principles of food safety and hygiene w</p> <p>Demonstration/ Practical:</p> <p>Scones: To revisit and practice the 'rubbing-in-method' and know that the same making techniques can be used in other recipes.hen cooking.</p>
Knowledge & Skills development	<ul style="list-style-type: none"> Recall and apply the principles of <i>The Eatwell Guide</i> and the 8 tips for healthy eating, to their own diet; Demonstrate a range of food preparation and cooking techniques; Adapt and follow recipes using appropriate ingredients and equipment to prepare and cook a range of dishes; Recall and apply the principles of food safety and hygiene; Identify how and why people make different food and drink choices; Demonstrate the knowledge, understanding and skills needed to engage in an iterative process of designing and making; Be given regular opportunities to demonstrate and apply their knowledge and understanding of food science; Be given regular opportunities to consolidate their literacy and numeracy skills by using them purposefully in order to learn; 					

	<ul style="list-style-type: none"> ▪ Track their progress using the My learning journey booklet (cooking, nutrition, ingredients and creativity). ▪ Various cooking skills used during then the making of recipes. 					
Assessment / Feedback Opportunities	Cold call, verbal feedback.	Cold call, Booklet review by teacher.	Cold call, verbal feedback	Test 1 assessment, peer review.	Cold call, verbal feedback	Cold call, verbal feedback.
Cultural Capital	Developing the skills and knowledge to enable pupils to buy and prepare, safely, a nutritious meal.					
SMSC / Promoting British Values (Democracy, Liberty, Rule of Law, Tolerance & Respect)	Working together, sharing equipment, following rules, respect and tolerance for each other.					
Reading opportunities	Eatwell plate knowledge organiser, recipes.					
Key Vocabulary	Hygiene, ingredients, allergens, vegetables, portions, carbohydrates, proteins, nutrients.					
Digital Literacy						
Careers	Discussion on opportunities in Hospitality industry.					