



Food safety in the kitchen
(recap)
Practical routine
(recap)

**YEAR
8**

Where food
comes from

In Year 8
learners will
start working
towards
achieving NCFE
Food and
Cookery Level 1
certificate



Enzyme
Browning



Diet and lifestyle
Vegetarians

Food choice
(diet analysis)



Food
Labelling



Accident
Prevention



Food and
Temperature

Food Safety

Food poisoning



Food
Bacteria

**YEAR
9**

**NCFE
Understanding Food**

In Year 9 learners
will develop
confidence of
cooking a range of
dishes and make
informed decisions
about food choice.



Health and Safety
within the
kitchen and food.

**YEAR
7**

In Year 7
learners will
develop basic
understanding
of nutrition
and culinary
skills and
where food
comes from

The '4' C's
Bacteria and
Hygiene



**Food packaging
and labeling**



Seasonal foods/food miles
(recap)



creaming method



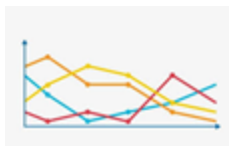
whisking method

Fairtrade : ethics



**NCFE
Preparing to cook**

Lesson	Duration	Objectives
Lesson 1	1 hour	Introduction to the course
Lesson 2	1 hour	Food safety and hygiene
Lesson 3	1 hour	Food choice and diet
Lesson 4	1 hour	Food packaging and labeling
Lesson 5	1 hour	Food poisoning and food bacteria
Lesson 6	1 hour	Food and temperature
Lesson 7	1 hour	Food safety in the kitchen
Lesson 8	1 hour	Practical routine
Lesson 9	1 hour	Food safety in the kitchen
Lesson 10	1 hour	Practical routine



rubbing in method



making bread



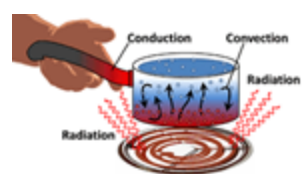
Cooking
terms



Healthy eating

**Kitchen
equipment**

Food Safety



Using the
hob



Weighing and Measuring



Equipment