



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 (4Cs) 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 (bridge and claw)</p> <p>The Eatwell Guide including macronutrients and micronutrients</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	
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. The key concepts covered in Year 9 are:</p> <p>Staple foods, multicultural foods and traditional British foods</p> <p>Sensory Analysis</p> <p>Year 9 practical lessons include making: fresh pasta, mini pavlovas, different breads from around the world, quiche, stir fry, hot & spicy, cottage pie, toad in the hole and Victoria sponge cake.</p>
Year 9 HT2	
Year 9 HT3	
Year 9 HT4	
Year 9 HT5	
Year 9 HT6	