



TERM 1	TERM 2
<p>Unit 1: Eating with friends and family</p> <ul style="list-style-type: none"> • Introduction – Safety and Hygiene in the kitchen • Production: Scones, quiches, Shortbread, Pancakes • Making food look good • Revision of knife skills • Safe use of knives • Production: Trends in garnishing, soup • Food styling and food photography • Hints for effective food styling • Hints for successful food photography • Production: Beef noodle stir-fry, gourmet hamburger <i>(4 weeks)</i> <p>Unit 2: Eating well for the future</p> <ul style="list-style-type: none"> • Maintaining a healthy weight • Energy balance • How energy is derived • Production: Prawn and vegetable rice-paper rolls and rice/lettuce parcels • Sources of energy • Fat • Carbohydrate • The Glycaemic index • Production: chicken curry with coconut pancakes, spring rolls • Obesity • Cardiovascular disease • Diabetes • Production: Creamy carrot and tomato soup and multigrain cob loaf • Design brief activity • Production: Basic risotto, students' own design • The importance of fibre in the diet • Production: Traditional sausage rolls/increased fibre sausage rolls <i>(5 weeks)</i> 	<p>Unit 2: Eating well for the future cont...</p> <ul style="list-style-type: none"> • Individual dietary needs • Food allergies • Food sensitivity • Production: Gluten free patty cakes/lactose free dish • Vegetarian diets • Tips for vegetarian eating • Production: Vegetarian lasagne, dish using lentils/chick peas or legumes • Design activity – Meals using minced meat • Production: baked meatballs and spaghetti, main meal with mince (students own design) <i>(6 weeks)</i> <p>Unit 3: Best Baking</p> <ul style="list-style-type: none"> • The art of baking • The ingredients • How baking works • Aeration in baking products • Blind baking • Production: Chocolate sponge, Lemon meringue pie • Top tips for cake making • Decorating with chocolate • Biscuits • Production: Cake and Chocolate coated biscuits • top tips for cooking with chocolate • decorating with sugar • Production: Making chocolate decorations/ chocolate basket filled with ice-cream and decorated with chocolate shapes or toffee • Desserts • Production: Chocolate cake for base of dessert/Poached pears/egg custard <i>(4 weeks)</i> <p>Unit 4: Let's celebrate with cake</p> <ul style="list-style-type: none"> • Production: Lemon chicken with chat potatoes, carrot straws and snow peas <i>(1 week)</i>