

1st 6-week block

Lesson	Activities	Theory Or Practical	Homework
1 and 2	Health and Safety	Theory	
3.	Who Am I Explore Personal Culture	Theory	Identifying kitchen tools and equipment
4 and 5	Chicken Fajitas	Practical	
6	Eatwell Guide	Theory	
7 and 8	Stir Fry	Practical	
9	A to Z Fruit and Vegetables	Theory	
10 and 11	Pizza	Practical	
12	Exploring Personal Heritage Through Food	Theory	Fruits and kitchen tools and equipment wordsearch
13 and 14	Tacos	Practical	
15	Obesity Documentary	Theory	
16 and 17	Spaghetti Bolognese	Practical	
18	Ma's Sandwich Shop	Theory	What Fruit or Vegetable Am I
19 and 20.	Garlic and Cheese Scrolls	Practical	
21.	Final Reflection and Celebration	Theory	

2nd 6-week block

Lesson	Activities	Theory Or Practical	Homework
1 and 2	Chicken Curry and Rice	Practical	
3.	Hazards To Be Aware of In A Kitchen		
4 and 5	Flat Bread and Hummus	Practical	
6.	Food and Family Traditions	Theory	Parts of Gas Cooker and Fridge
7 and 8	Cookies	Practical	
9.	Design Specification	Theory	
10 and 11	Lemon Shortbreads	Practical	
12.	Healthy Pack Lunch	Theory	Hygiene and Safety
13 and 14	Cheesy Doughballs and Dip	Practical	
15	Famous Breakfast	Theory	Challenge
16 and 17	Toad in the Hole With Gravy	Practical	
18	Exploring Special Dietary Law	Theory	Importance Of Research
19.	Final Reflection and Celebration	Theory	