

CURRICULUM

1st 6-week block

Lesson	Activities	Theory Or Practical	Homework
1 and 2	Health and Safety	Theory	
3.	Everyone Matters	Theory	Identifying kitchen tools and equipment
4 and 5	Pasta Bake	Practical	
6	Eatwell Guide	Theory	
7 and 8	Mac and Cheese	Practical	
9	Engineering Health Reasons	Theory	
10 and 11	Savory Couscous/Rice	Practical	
12	Dietary Law A and B	Theory	Part of Gas Cooker and Fridge
13 and 14	Sweet and Sour	Practical	
15	Food Packaging	Theory	
16 and 17	Plaited Bread	Practical	
18	Creating A Ready Meal food Packaging	Theory	Countries and Vegetables Wordsearch
19 and 20.	Thai Green Chicken Curry	Practical	
21.	Final Reflection and Celebration	Theory	

2nd 6-week block

Lesson	Activities	Theory Or Practical	Homework
1 and 2	Calzone	Practical	
3.	Risk to watch out for in a kitchen		
4 and 5	Chilli Con Carne	Practical	
6.	Batch Production	Theory	Hygiene and Safety
7 and 8	Lasagna	Practical	
9.	Research Cultural meals	Theory	
10 and 11	Jamaican Jerk Chicken	Practical	
12.	Research Nutritional Meals for Refugees	Theory	Healthy Eating
13 and 14	Chicken Tikka Masala with Rice	Practical	
15	Why is Healthy Eating Important?	Theory	
16 and 17	Cheese Triangles	Practical	
18	Designing Different Cultural breads	Theory	Crosswords
19.	Final Reflection and Celebration	Theory	