



1. Kitchen Safety and Hazards

Pupils develop an understanding of **health and safety** in a kitchen environment, they are able to **identify** potential hazards and risk factors.

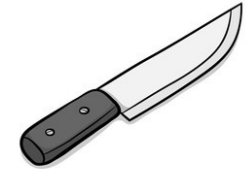


They explore the **safety rules** of a working kitchen and are able to identify the colours used for safety signs and what they denote. Particular attention is paid to warning and **COSHH** (Control of Substances Hazardous to Health).

To be able to **name** and know the different knives used in a kitchen setting including **Chef's Knife**, **Utility Knife** and **Paring Knife**. They also practice and refine a number of cuts including the **bridge technique** and the **claw technique**.



Assessments
Pupils complete a knife safety assessment

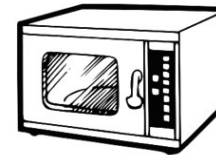


Year 7

Half term 1



Low stakes tests
Pupils have a recall activity based on kitchen safety.



Half term 4



Low stakes tests
Pupils complete an honest review of their dishes



Half term 3

Half term 6

Half term 5



2. Cooking safely

Pupils will be able to **apply** what they have learned in the **kitchen safety** and **hazards** to produce a series of dishes.

Students will be able to use an **oven** and **knives** competently and safely to **cook** a variety of dishes.

Pupils then look to improve their kitchen practice by reviewing each dish that is produced.

Each practical is **reviewed** on four **criteria**, **taste, texture, aroma and flavour**.

Pupils are encouraged to **reflect** honestly on their **kitchen practice**, knowledge and areas for development, so that identified skills/techniques can be improved upon in the next practical.



4 STEPS TO FOOD SAFETY



CLEAN



SEPARATE



COOK



CHILL



Assessments
Pupils complete a 'largely' independent batch cook of biscuits SC being uniform in size

