



KS3 Food Studies at Cowley



Group practical: ready steady COOK

Types of cooking methods

Practical: Victoria sponge cake



Practical: Lasagne



The function of ingredients

Practical: Samosa



Prepare for KS4: OPTIONS
• Lunchtime practical skills club

Practical: Fresh pasta and tomato sauce



Practical: Cottage pie

Family meals: Tuna pasta

Family meals: Healthy Breakfasts

Types of accommodation: Job roles

Planning meals on a budget



Nutrition: Micro nutrients, Vitamins and minerals



YEAR 9



Family meals: Stuffed chicken

Practical: Meringue nests

Nutritional deficiencies



Develop creativity and independence in the kitchen



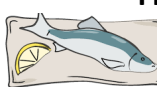
Family meals: Risotto



Nutrition: Macro nutrients, Protein

Practical: carrot cakes

Practical: Fish goujons



Practical: Quesadilla

Risk assessment



Practical: Bread plait

Nutrition: Macro nutrients, carbohydrates



Family meals: Gingerbread

Cultural / world foods



Where our food comes from?

Family meals: Stir fry

Family meals: Fruit Crumble

Types of restaurants: Job roles

Family meals: Scones

Family meals: Cous cous salad

YEAR 8

Family meals: Chicken Curry practical



Family meals: Sausage casserole



Food Choices: Food Miles



Smoothies practical



Knife skills: Bolognese practical

Christmas snowball practical



Knife skills: Fruit salad practical

Identify risks and hazards in the kitchen



YEAR 7



A balanced diet: The eat well guide



Knife skills: Vegetable soup practical



Introduction to personal and food hygiene.



welcome