**Year:**  – Autumn Term 1 (12 Weeks – 6 lessons)

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**Unit:** Hygiene and Safety

**Overview**: An introduction to some key practical skills to begin KS3 curriculum in Food & Nutrition. Students begin by learning basic knife skills, including the Bridge Hold and Claw Grip. Students will also learn about using colour coded chopping boards to reduce risk of cross-contamination.

Students will have a brief introduction to hygiene and safety rules and The 4 Cs.

Students will have one assessment task within the term, where the focus will be on safe knife skills and their competence in using them.

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| **Outline scheme**  | **Timeframe** | **Learning Aims** | **Assessment / marking milestone** | **Skills Development including Literacy, Numeracy DCF** | **Independent learning tasks (including investigations, homework etc)** | **Links to resources**  |
| In this project pupils will learn – * Basic hygiene and safety rules
* Correct handwashing
* Correct washing of equipment and utensils
* How to use the oven safely
* The 4 C’s
* Safe knife skills; the claw grip and bridge hold.
 | 6 lessons | **CHALLENGING:** Demonstrate hygienic kitchen procedures when cooking.Behave in a safe manner throughout practical lessons.Demonstrate use of the bridge hold and claw grip.Know The 4 C’s.**MORE CHALLENGING:** Be able to explain the difference between hygiene and safety hazards.Correctly and safely dice an onion, using bridge hold and claw grip correctly.**MOST CHALLENGING:** Explain how poor hygiene practises can lead to food-Bourne illnesses.Be able to prepare the vegetables into evenly sized pieces, in terms of length and width.Considered a range of colours and textures in final dishes. | Cous Cous Salad – Correct use of knife skills (bridge hold and claw grip). | **Literacy*** Spelling & pronouncing key vocabulary
* Reading & following step-by-step recipes

**Numeracy*** Key temperatures
* Weighing & measuring
* Purchasing ingredients

**Digital Competency** * Adobe Creative Cloud Express
 | * UV light hygiene
* Washing up practical
* Practical lesson: Dippy Divers
* Practical lesson: Tomato Pasta sauce
* Theory: Salmonella lesson
* Homework task: Create a poster on Salmonella
* Practical: Milestone task of cous cous salad
 | **Food a Fact of life** |