**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** |