

S2 course summary 2022-23

Unit 1 – 'The journey of food' 22nd August till week beginning 21st of November

Week	1	Introduction to CFI	Theory	Homework
2		CFI – tasting station	Tasting	
3		Banana Muffins – <u>Fairtrade</u>	Practical	
4		Pear and bramble crumble/leek and potato soup – <u>seasonal</u>	Practical	
5		Food Miles – <u>calculator (ramen v leek and potato)</u>	Theory	CFI- Pick & Mix Challenge
6		Ramen – <u>food miles</u>	Practical	
7		Omelette – organic eggs	Practical	
8		Honey biscuits 'the Scottish bee company (Livingston)' and Boroughmuir Bees – <u>local</u>	Practical	
9		Food poverty & Food Waste (budget)	Theory	
10		Food waste – dough balls and garlic butter	Practical	
11		Forms assessment – CFI	Theory	
12		Review, reflection, target setting	Theory	

Unit 2 'Junior chef' 21st of November until 13th of March

Week	1	Introduction to kitchen and junior chef unit	Theory	Homework
2		Calzone – <u>kneading & adding a liquid</u>	Practical	
3		Veggie stir-fry wraps – <u>knife skills</u>	Practical	
4		Homemade pesto pasta – <u>blending</u>	Practical	Careers in Hospitality- my favourite chef!/ Food styling etc
5		Chicken noodle soup – <u>raw ingredient</u>	Practical	
6		Mexican mince tacos – <u>browning</u>	Practical	
7		Tomato risotto – <u>consistency of sauce</u>	Practical	
8		Intro - Planning junior chef	Theory	
9		Completion of junior chef – food order	Theory	
10		Junior Chef – heat 1	Peer assessment	
11		Junior Chef – heat 2	Peer assessment	
12		Review, reflection, target setting	Theory	

Unit 3 "Foods and nutrition around the world" 13th of March until TT change

Week	1	Recap nutrition – <u>basic needs of individuals – everyone in the world similar</u>	Theory	Homework
2		Food in Scotland	Tasting	
3		Food & religions	Theory	Nutrition Pick and Mix – 5 nutrients
4		Food & religions	Theory	
5		Food in space (nutritionist)	Theory	
6		Food Tasting	Tasting	
7		Research project – country & food order	Theory	
8		Research project – country	Theory	
9		Research Project – make dish	Practical	
10		Project – finalise – add in picture of dish	Theory	
11		Presentation of project (assessment)	Theory	
12		Review, reflection, target setting	Theory	