

S1 course summary 2022 to 2023

Unit 1 – ‘getting started’

Week	1	Introduction to HFTT	Theory	HOMEWORK
2		Small cake experiment	Practical	
3		Make Small Cakes- Following a recipe	Practical	
4		Fruit Salad- knife skills	Practical	
5		Peach and Pear Crumble – rubbing in	Practical	
6		Cheese Scones – Adding a liquid	Practical	Pick & Mix Challenge
7		Bacteria/ Food Safety/ Introduction to cookers	Theory	
8		Minestrone Soup / Using the cooker	Practical	
9		Special Fried Rice	Practical	
10		Tomato Pasta Demo	Demo	Success Criteria
11		Tomato Pasta Assessment	Practical	Assessment
12		End of unit review / reflection/ target setting	Theory	

Unit 2 ‘know your food’

Week	1	Introduction to Eatwell guide	Tastings	Homework
2		Eatwell Guide Activity	Theory- Stations	
3		Wedges and Salsa- Carbohydrates	Practical	
4		Design a flapjack - Carbohydrates	Practical	
5		Lentil Soup- Fruit & Vegetables	Practical	
6		Apple Muffin- Fruit & Vegetables	Practical	
7		Food Labelling	Theory - Stations	
8		Carbonara - Protein	Practical	Pick & Mix Challenge Food Labelling
9		Carrot Cake- Fat’s & Oils	Practical	
10		Marble cake – Eat Less & Small amounts	Practical	
11		Forms Assessment of Eatwell Guide	Theory	
12		End of unit review, reflection & target setting	Theory	

Unit 3 Design and Make Pizza Challenge

<u>Week</u>	<u>1</u>	<u>Introduction to Design Process & Brief</u>		
<u>2</u>		<u>Theory- Ingredients Spotlight</u>	<u>Sensory Tasting Ingredients</u>	
<u>3</u>		<u>Research & Findings</u>		
<u>4</u>		<u>Research & Findings</u>		
<u>5</u>		<u>Sensory Tasting</u>	<u>Pizza tasting and evaluation</u>	

<u>6</u>	<u>Skills Spotlight/ science</u>	<u>Dough making/ tomato sauce assembly</u>	
<u>7</u>	<u>Food Labelling & Packaging</u>		
<u>8</u>	<u>Food Labelling & Packaging</u>		
<u>9</u>	<u>Advertising</u>		
<u>10</u>	<u>Food Order</u>		
<u>11</u>	<u>Manufacture Pizza</u>	<u>Practical</u>	
<u>12</u>	<u>Evaluation</u>		

Teacher Rotations

<u>Class</u>	<u>Day & Period on TT</u>	<u>Week Beginning August 22nd</u>	<u>Week beginning November 21st</u>	<u>Week beginning 7th of March 13th</u>
<u>1.1-JD</u>	Thursday Period 5	<u>1 Getting Started</u>	<u>3 Pizza Challenge</u>	<u>2 Know your food</u>
<u>1.2-MM</u>	Thursday Period 5	<u>1 Getting Started</u>	<u>3 Pizza Challenge</u>	<u>2 Know your food</u>
<u>1.3-LAD</u>	Friday Period 2	<u>3 Pizza Challenge</u>	<u>1 Getting Started</u>	<u>2 Know your food</u>
<u>1.4-LAD</u>	Tuesday Period 2	<u>1 Getting Started</u>	<u>2 Know your food</u>	<u>3 Pizza Challenge</u>
<u>1.5-ES</u>	Tuesday Period 2	<u>3 Pizza Challenge</u>	<u>1 Getting Started</u>	<u>2 Know your food</u>
<u>1.6-MS</u>	Friday Period 4	<u>1 Getting Started</u>	<u>3 Pizza Challenge</u>	<u>2 Know your food</u>
<u>1.7-MM</u>	Tuesday Period 5	<u>1 Getting Started</u>	<u>2 Know your food</u>	<u>3 Pizza Challenge</u>
<u>1.8 LAD</u>	Friday Period 1	<u>3 Pizza Challenge</u>	<u>1 Getting Started</u>	<u>2 Know your food</u>
<u>1.9-MS</u>	Thursday Period 3	<u>1 Getting Started</u>	<u>3 Pizza Challenge</u>	<u>2 Know your food</u>
<u>1.10-MM</u>	Tuesday Period 1	<u>1 Getting Started</u>	<u>2 Know your food</u>	<u>3 Pizza Challenge</u>
<u>1.11-LAD</u>	Thursday Period 2	<u>3 Pizza Challenge</u>	<u>1 Getting Started</u>	<u>2 Know your food</u>
<u>1.12-LAD</u>	Thursday Period 3	<u>1 Getting Started</u>	<u>3 Pizza Challenge</u>	<u>2 Know your food</u>
<u>1.13 - ES</u>	Monday Period 6	<u>3 Pizza Challenge</u>	<u>1 Getting Started</u>	<u>2 Know your food</u>
<u>1.14-LAD</u>	Thursday Period 6	<u>1 Getting Started</u>	<u>3 Pizza Challenge</u>	<u>2 Know your food</u>
				<u>3 Pizza Challenge</u>

S1 Timeline Rota

Block – Getting Started

Block – Know Your Food

Block – Pizza Challenge