

S3 Practical cookery aims to further develop practical skills in the kitchen environment. Pupils will be afforded challenges in making personal choices and adapting recipes to meet current dietary advice.

They will develop skills for life and skills for work.

Cookery related knowledge is developed to meet the outcomes for technologies in health and wellbeing. Knowledge will develop around cookery process, understanding and using ingredients as well as the environmental impact of food.

Week	Date Wk Beg:	Topic	Practical	Homework /Assessment*
TERM 1 Unit 1: REHIS Food safety & hygiene				
1	Aug: 12 th	In-service Mon & Tues (1&2) Introduction REHIS Food Hygiene		
2	19 th	REHIS: • Principles of food hygiene & safety • Microorganisms and conditions for bacterial growth • Food poisoning • Food storage	Country vegetable soup	
3	26 th		Butterfly cakes	
4	Sept: 2 nd		Chicken Risotto	Food safety homework task
5	9 th		Custard Creams (2 periods)	
6	16 th	REHIS Law & Legislation	Coconut mallow bar (2 periods)	
7	23 rd	REHIS HACCP Holiday Fri	Macaroni cheese	*Practical assessment
8	30 th	Holiday Mon REHIS revision	Swiss Roll (cream/jam)	Food safety homework revision task
9	Oct: 7 th	REHIS assessment In-service day (3)	Savoury macaroni cheese (practice) Period 1: Demo Period 2: make	*REHIS certificated assessment
10	14 th	Holiday		
Unit 2: Current dietary advice; Cookery Processes				
11	21 st	Intro to CDA	No cooking - feedback on assessment REHIS	CDA homework tasks *Theory Assessment CDA adapt recipe savoury macaroni cheese
12	28 th	Current dietary advice (CDA) • The goals, the aims and how to achieve them	ASSESSMENT: Savoury macaroni cheese (adapt recipe for CDA)	*Practical assessment
13	Nov: 4 th	• Improving the Scottish diet • Diet related diseases and conditions • Nutrition related to CDA • Adapting recipes to meet CDA	Spaghetti Bolognese	Adapt spaghetti Bolognese recipe- meet CDA
14	11 th		Spaghetti Bolognese-adapted to meet CDA	
15	18 th		Cookery Processes (CP) • Food preparation techniques • Understanding cookery processes	Chicken and sweetcorn Quiche Period 1: pastry Period 2: filling/bake
16	25 th	• Current dietary advice related to these processes	Chicken tikka curry	
17	Dec: 2 nd		Lemon Drizzle Bakewell tart	Homework task CP

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18	9 th	<ul style="list-style-type: none"> Using food preparation techniques and cookery processes in the preparation of dishes 	Lasagne Period 1: filling Period 2: cheese sauce/bake
19	16 th		Yule log
20	23 rd	Holiday	
21	30 th	Holiday	

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TERM 2 Unit 3: Understanding and using ingredients (UII); Food and the Environment				
22	Jan: 6 th	Revision & written assessment cookery processes assessment		*Theory Assessment cookery processes
23	13 th	Understanding & using ingredients <ul style="list-style-type: none"> Identify a variety of ingredients and their characteristics 	Yeast Pizza - 2 periods	
24	20 th	<ul style="list-style-type: none"> Safe and appropriate storage of ingredients Adept at selecting, preparing, and cooking ingredients according to recipes 	Apple Swiss Roll - 2 periods	
25	27 th	<ul style="list-style-type: none"> Sensory evaluation Amend recipes Revision and assessment UII	Beef & lentil cottage pie – 2 periods	HOMEWORK Sensory analysis of pizza, apple Swiss roll and cottage pie.
26	Feb 3 rd	Assessment UII – feedback learner conversations	Raspberry torte towers – 2 periods	Food labelling task *Practical assessment S3 full reports
27	10 th	Food and the Environment <ul style="list-style-type: none"> From farm to fork Sustainable food 	Spicy meatballs and BBQ sauce	
28	17 th	Holiday Mon/Tue In-service Wed	No practical	
29	24 th	<ul style="list-style-type: none"> Environmental impact of food production, transportation, consumption, and food waste 	Orange cheesecake-segmenting	
30	Mar: 3 rd	<ul style="list-style-type: none"> Local and seasonal foods Organic farming and food production 	Smoked bacon bruschetta – concase tomato	
31	10 th		Sweet & sour chicken	
32	17 th		Vegetable chilli and rice	
33	24 th		Vegetable Spring Rolls	
34	31 st	Time planning: Introduction to time planning	No practical/ cleaning	

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35	Apr: 7 th	Holiday		
36	14 th	Holiday		
TERM 3 Unit 4: Cooking and Finishing dishes; Added Value Unit (AVU) Assessment				
		Holiday Mon Time planning: Requisition of equipment Service details	No practical	Issue time planning homework booklet
37	21 st		Peach & coconut bar gateau	
38	28 th	Cooking & Finishing dishes <ul style="list-style-type: none"> • Testing for readiness, tasting, adjusting recipes accordingly • Garnishing and decorating techniques • Segmenting / lemon twists / spring onion spirals/ chocolate run outs / tomato van dyke 	Moroccan chicken	
39	May: 5 th	Holiday Mon In-service Tues 'Producing a meal' Added value unit assignment <ul style="list-style-type: none"> - Time planning - Equipment requisition 	Discuss dishes for AVU assessment 1st course spaghetti Bolognese	*Written assessment task
40	12 th	Teacher demonstration of dishes (if required)	2nd course white chocolate and raspberry roulade	*Practical assessment
41	19 th	Holiday Fri Preparing ingredients & equipment	Make 2 course meal	*Practical assessment
42	26 th	Holiday Mon Feedback on assessments	Combined unit dishes: Spicy parsnip and carrot soup	*Practical assessment

S4

Week	Date Wk Beg:	Topic	Practical	Homework /Assessment*
43	Jun: 2 nd	Brief for pair task choice make from set ingredients	Combined unit dishes: Savoury flatbread	*Practical assessment
44	9 th	PowerPoint sensory analysis Pupils to have tasting session and evaluate each item.	Sensory analysis	Sensory analysis
45	16 th	Complete all AVU and Combined unit paperwork.	Chocolate ganache tarts – 2 periods	
46	23 rd	Last day school 25th June Practical cookery quiz		