**S1 Scheme of Work – Home Economics**

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| **Unit of work** | **Structure** | **E’s and O’s covered** | **Resources** | **Assessment** |
| **S1 Food Unit****Areas covered:*** Kitchen Safety
* First Aid
* Kitchen Hygiene
* Kitchen Equipment
* Washing up
* Reading a recipe
* Weighing and Measuring
* Use of the cooker
* Food Storage
* S1 Practical Cookery

**S1 Sewing Unit****Areas covered:*** Safety in textiles
* Sewing Terms
* Ironing
* Cutting
* Pinning
* Tacking
* Embroidery

**S1 Design and make a Smoothie Challenge****Areas covered:*** Pupils are asked to design and make a smoothie as part of the BNF Healthy Eating Week. In doing this they must complete the following stages:
* Reasearch, investigate and plan the smoothie
* Carry out the task
* Review the success of the task
 | **August – Dec (10 weeks)**Practical Cookery & Theory**Jan – Easter (7 weeks)**Sewing**Easter – June (10 weeks)**Practical Cookery & Theory* To include at least 1 lesson for research, 1 lesson for practical, 1 lesson for self assessment and review
 | **Practical Cookery & Theory**HWB 3-30aHWB 3-31aHWB 3-32aHWB 3-33aHWB 3-34aHWB3- 36aTCH 3-10bTCH 3-11aMNU 3-11aLIT 3-13a**Sewing**TCH 3-10aTCH 3-10cTCH 3-11a | **Practical Cookery & Theory*** S1 Food Work book
* S1 Food Info book
* S1 Recipes
* Food Storage Worksheet
* Use by date worksheet
* Peer assessment worksheet
* Teacher assessment worksheet
* Written assessment

**Sewing*** Sewing patterns
* Needles
* Thread
* Task sheets
* Design and make a smoothie work booklet
 | * Practical – Rockbun peer and teacher assessment
* Written assessment
* Practical – Felt Bug
* Written assessment
* Self assessment – students will review and evaluate the success of their own project.
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