

Year 7 – Farm to fork – Key assessment practical overall and hygiene

Lesson	Lesson content	Homework
1	Baseline practical test and KAP on hygiene	
2	KAP continued	Bring cookery ingredients and look at practical sheets for stretch sections
3	<p>Chilli practical</p> <ul style="list-style-type: none"> • 1 can chopped tomatoes • 1 can kidney beans • 1-2 cloves garlic • 1 oxo cube • 2-3 tbsp tomato puree • 1-2 tsp chilli powder • 1 green pepper • 1 onion • 250-500g minced beef 	
4	<p>Stroganoff practical</p> <ul style="list-style-type: none"> • 1 onion • 1-2 chicken breasts • 150g mushrooms • 2 cloves garlic • 2 tsp oil • 2 tbsp tomato puree • 1 tsp paprika • 1 tbsp Worcestershire sauce • 1 chicken stock cube (150ml water) • Small tub sour cream • Fresh parsley (optional) 	Evaluation sheet
5	<p>Gnocchi and sausage bake practical</p> <ul style="list-style-type: none"> • 1 can chopped tomatoes • 1-2 cloves garlic • 1 oxo cube • 2-3 tbsp tomato puree • 1 green pepper • 5-6 mushrooms • 1 onion • 8 sausages • 1 pack gnocchi (alternative could be fresh pasta) • 1 tsp chilli flakes (optional) • 100g cheese 	
6	KAP improvements and Eatwell Guide	

