

Food Technology

KS3

Food Technology encourages pupils to develop their creativity and building on a repertoire of knowledge, understanding and skills. As part of their work with food, pupils will learn to apply the principles of nutrition, healthy eating and developing life skills.

	Term 1 and 2	Term 3 and 4	Term 5 and 6
Year 7	• Introduction to The Eat Well Guide. • Kitchen Health and Safety rules. • Knife safety. • Safe use of the stovetops.	• The eat well guide sections key ingredients and nutrients. • Fruits and vegetables and vitamins. • Carbohydrates. • Dairy products. • Protein. • Fats.	• Introductions to different recipes from around the world. • Healthy eating and healthy diets. • What is meant by a balanced meal.
Year 8	• Demonstrate safe use of the kitchens. equipment to make different recipes. • Recap the Eat Well Guide to test previous learning. • Different diets and lifestyle choices. • Sensory analysis • Fair trade and food miles.	• Introduction to how ingredients work together. • How to adapt a recipe to suit personal needs. • How textures of ingredients can be adapted to improve a recipe. • The importance of the main five nutrients in our diets.	• Investigate meals that would suit a teenage diet. • Look into how a recipe can be cooked using an adapted healthier cooking method. • How to shop around for ingredients and cost a recipe. • Plan food for a selected event.

Year 9	• Identify the main practical skills used in preparing and cooking of a recipe. • More encouragement in adaption of recipes to suit personal taste. • More encouragement in independent work • Investigate how to correctly tenderise food. • Investigate ways to marinate food to improve flavour. • Identify information from food packaging.	• Identify how to make cooking methods healthier. • Identify how to make puff pastry and make a chosen product using it. • Identify what can be made using shortcrust pastry and make a product using it. • Identify what can be made using filo pastry and make a product. • Investigate and cook dishes from around the world	• Young chef of the year competition. • Investigate recipes and cuisines from the USA. • Choose a recipe that can be prepared and cooked independently for the competition. • Learn how to create a time plan to follow • Cost the chosen recipe. • Plan food that can be used for a sporting event
Year 10 B-Tec Level 1	• Introduction to B-Tec Home cooking skills level 1 course. • Meal planning • Further investigate the importance of The Eat Well Guide, its sections and its key nutrients. • What information is needed of food labels. • How to keep food fresh. • Identifying where our ingredients come from/ free range and organic	• Identifying food trends and strange ingredients and recipes. • What are micronutrients and macronutrients. • Food pricing and time planning • How to help iron levels.	• Students coursework started • Choose practical recipe. • Encourage independent learning and cooking. • Practical exam. • Free skills lessons.

	• Safe food storage and temperatures. • How to prevent food poisoning. • Where do our ingredients come from. • Religious cultures and diet choices.		
Year 11 B-Tec level 2	• Introduction to B-Tec Home Cooking Skills level 2 course. • How is heat transferred in cooking. • What effects food choice. • Continuing with food preparation and cooking skills to encourage independence. • Identifying different cuts of meat and fish.	• Identifying different cooking methods and their uses. • Investigate food and nutrition. • Coursework book filled in • Identify a nutritious two course meal • Plan, prepare and cook a two-course meal. • Identify key nutrients and costings for chosen meal. • Evaluate finished product using sensory evaluation.	Students practical exam completed. Free skill lessons to help encourage independence.