

Food Technology 5 Year Overview

Year	Autumn		Spring		Summer	
	Topic/Unit	SKILLS	Topic/Unit	SKILLS	Topic/Unit	SKILLS
KS3 7	Health and safety. Basic food safety Pupils will: <ul style="list-style-type: none"> Recognise safe and hygienic working practice in the kitchen. Identify potential hazards Use safe knife handling techniques Select correct coloured chopping board Use the hob safely Health eating – The Eatwell Guide/nutrients <ul style="list-style-type: none"> Demonstrate knowledge and understanding of The Eatwell guidelines and portion sizes. Identify the main nutrients required for a healthy balanced diet. Understand food labelling-traffic light system- identify healthy cereal choices 	1.Knife – Claw Bridge Dice slice 2.Prep Fruit, veg Peel, Blend 3.Prep meat Coat 6.Weigh & measure Liquids, Solids 7. prep of ingredients and equip- line 8.Use of equipment Blender 9) Water based methods Boiling 10.Dry Heat Dry frying 12.Use oven 18.shaping 19.test for doneness Visual, skewer	Health and safety Pupils will: <ul style="list-style-type: none"> Demonstrate safe and hygienic working practice when preparing and cooking food. Operate cooker safely Identify safe food storage Food Provenance Pupils will: <ul style="list-style-type: none"> Identify foods in seasons Explain how this affects price/availability Recognise Quality assurance symbols and understand what they mean. 	1.Knife – Claw Bridge Dice Slice, cross chop 2.Prep Fruit, veg Peel Blend julienne 3.Prep meat Shape, bind 6.Weigh & measure Liquids Solids 8.Use of equipment Pasta machine food processor 9) Water based methods Boiling, simmering 10.Dry Heat Fat Frying 11.Use grill 12.Use oven 13. make sauces 17. make a dough- bread 18.shaping 19.test for doneness Visual, skewer, Touch, Bite 20- Judge manipulate sensory properties season reduction.	Health and safety : Pupils will: <ul style="list-style-type: none"> Independently prepare self and cooking area. Operate electrical equipment Evaluate own safe working practice. Food characteristics/functions Pupils will: <ul style="list-style-type: none"> Explore raising agents Identify ways to thicken a sauce/soup Use seasoning/ingredients to adapt taste texture. 	1.Knife – Claw Bridge Dice Slice, cross chop 2.Prep Fruit,veg Peel Blend julienne 3.Prep meat Shape, bind 6.Weigh & measure Liquids Solids 8.Use of equipment Pasta machine 9) Water based methods Boiling, simmering 10.Dry Heat Fat Frying 11 Use grill 12.use oven 17. make a dough- bread 18.shaping 19.test for doneness Visual, skewer Touch bite 20- Judge manipulate sensory properties seasoning, presentation.

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Health and safety.

Pupils will:

- Identify safe and hygienic working practice in the kitchen.
- Identify and rectify potential hazards
- More confidently demonstrate safe knife techniques
- Explain the importance of the four cs- cross-contamination, cleaning, cooking, and chilling

Healthy eating and nutrients

Pupils will :

- Recall the Eatwell guidelines
- List examples of macro and micro nutrients and their functions
- Identify the nutritional needs of a teenager.
- Identify the main factors that affect dietary needs throughout different life stages.
- Apply Eatwell guide when planning a meal

1.Knife – Claw Bridge, Dice, slice

2.Prep Fruit,veg Peel, Blend

3.Prep meat Coat

5. select and adjust cooking process

6.Weigh & measure Liquids, Solids

7. prep of ingredients and equip- line

8.Use of equipment Blender

9. Water based methods Boiling

10.Dry Heat Dry frying

12.Use oven

18.shaping/finishing a dough.

19.test for doneness Visual, skewer

Health and safety.

Pupils will:

- Prepare food following the 4 c principles.
- Produce a guide explaining the importance of good food management

Food Provenance

Pupils will:

- Identify the different groups of the population who have special dietary requirements (including food allergies, food intolerance, and religious cultural needs). Vegan etc
- Investigate the range of special dietary products available today.
- Identify and explain some of the environmental issues associated with foods.

1.Knife – Claw Bridge, Dice, Slice, cross chop

2.Prep Fruit, veg Shape Prevent spoilage

3.Prep meat Shape, bind. Alternatives

6.Weigh & measure Liquids, Solids

7. prep of ingredients/ equipment- line grease flour

8.Use of equipment Pasta machine food processor stand mixer

9) Water based methods Boiling, simmering

10.Dry Heat Stir fry

11. Use grill

12. Use oven

13. make sauces- curry 17. make a dough- bread-focaccia

18.shaping & finishing - dough- glaze

19.test for doneness Visual, skewer

Touch

Bite

20- Judge manipulate sensory properties season reduction.

Health and safety

Pupils will:

- Use a range of specialist equipment in a safe manner
- Design a flyer giving safe instructions on how to use a given piece of equipment

Food characteristics/functions

Pupils will:

- Explore foods available to set/coagulate a mixture
- Use a marinade
- Demonstrate how acids de nature proteins

1.Knife – Claw Bridge

Dice Slice, cross chop

2.Prep Fruit, veg Peel dice slice julienne

3.Prep meat Shape, bind

4. marinade

6.Weigh & measure Liquids Solids

8.Use of equipment Stand mixer, ice cream maker, hand whisk

9) Water based methods Hob, simmering

10.Dry Heat Fat Frying

11 Use grill

12.Use oven

17. make a dough- pastry

18.shaping- roll out

19.test for doneness Visual, skewer

Touch

20- Judge manipulate sensory properties season reduction

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Health and safety.
Pupils will as independently as possible:

- Maintain a safe working environment
- Prepare food in safe, hygienic manner.
- Store all foods, equipment safely.

Healthy eating and nutrients
Pupils will :

- Plan a weekly menu around the Eatwell guide within a given budget.
- Recognise the link between lifestyle/activity and food/calorie intake.
- Give examples of how a diet needs altering to suit an active or sedentary lifestyle.

1.Knife – Claw Bridge
Dice
slice
2.Prep Fruit, veg
Peel
Blend
3.Prep meat
Coat
5. select and adjust cooking process
6.Weigh & measure
Liquids
Solids
7. prep of ingredients and equip- line
8.Use of equipment
Blender
9. Water based methods
Boiling
10.Dry Heat
Dry frying
12.Use oven
18.shaping/finishing a dough.
19.test for doneness
Visual, skewer
20. Judge sensory properties

Health and safety.
Pupils will:

- Identify areas of strengths and areas of improvement when working in the kitchen
- Support peers to work in a safe way.

Food Provenance
Pupils will:

- To compose allergen advice about a given dish.
- To know and understand where key ingredients come from and how they are grown, reared or caught.
- To adapt original recipe to include ingredients which have been locally sourced or are seasonal
- To investigate the information and guidance available to the consumer regarding food labelling, availability, traceability, food assurance schemes and animal welfare.

1.Knife – Claw Bridge,
Dice, Slice, cross chop
2.Prep Fruit, veg
Shape Prevent spoilage
3.Prep meat
Shape, bind. Alternatives
6.Weigh & measure
Liquids, Solids
7. prep of ingredients/ equipment- line grease flour
8.Use of equipment
Pasta machine food processor stand mixer
9.Water based methods
Boiling, simmering
10.Dry Heat
Stir fry
12.Use oven
13. make sauces- curry
17. make a dough- bread- focaccia
18.shaping & finishing - dough- glaze
19.test for doneness
Visual, skewer
Touch
Bite
20- Judge manipulate sensory properties season reduction.

Health and safety.
Pupils will:

- Demonstrate through assessment safe working food preparation, cooking and management, use of equipment, personal hygiene,
- Evaluate own safe working practice.

Food characteristics and functions

Pupils will:

- Investigate the functions of yeast in bread making
- Identify alternative bread making ingredients and their chemical reactions

1.Knife – Claw Bridge
Dice, Slice, cross chop
2.Prep Fruit,veg
Peel, dice, slice, julienne
3.Prep meat
Shape, bind
4. marinade
6.Weigh & measure
Liquids ,Solids
8.Use of equipment
Stand mixer, ice cream maker, hand whisk
9) Water based methods
Hob, simmering
10.Dry Heat
Fat Frying
12.Use oven
17. make a dough- pastry
18.shaping
19.test for doneness
Visual, skewer, Touch bite
20- Judge manipulate sensory properties
season reduction

Year 10	Autumn		Spring		Summer	
NCFE	Autumn term		Spring term		Summer term	
					Topic/Unit	Topic/Unit
Level 1	Unit 1 Pupils will <ul style="list-style-type: none"> • Share and state a good level of health and safety knowledge about using equipment in the kitchen • Explain good Hygiene in the kitchen • Explore a range of tools, equipment and ingredients. Recording the outcomes /properties • Explore basic cooking techniques- Baking ,frying, Roasting, boiling ,grilling • Experiment with Creative properties- flavouring/seasoning/decorating 		Unit 2 Pupils will <ul style="list-style-type: none"> • Research different sources to support 2 cooking ideas. • Develop and use visual language to describe cooking ideas • Participate in a discussion about cooking ideas- a) 1 to 1 and in larger groups. • Develop cooking ideas considering outcomes from discussions. • Select chosen cooking items with explanations for choice including appearance, taste and smell. • Create a H&S handbook specific to their chosen foods to include safe handling of tools/equipment/Hygiene. 		Unit 3 Pupils will <ul style="list-style-type: none"> • Produce a guide to help plan the making the of cookery item • Independently create cooking items and present for assessment. • Demonstrate safe working throughout the whole process. • Review and evaluate dishes. Identifying what went well and how it could be improved or adapted. Was the cooking process a success? 	

Year 11	Autumn term	Spring term	Summer term
Year 11 Level 2	<p>Unit 1 Pupils will</p> <ul style="list-style-type: none"> • Explore and assess a range of ingredients, how they can be used for visual purposes, taste, texture and structure. • Create a range of dishes by selecting ingredients, appropriate tools and equipment to help develop cooking ideas. Log experiences to inform future choices. • Demonstrate all aspects of health, safety and hygiene when using equipment and ingredients 	<p>Unit 2 Pupils will</p> <ul style="list-style-type: none"> • Identify and use different resources to explore and develop cooking ideas- internet, magazines, cook books, word of mouth family recipes. • Create a descriptive word log to help develop visual language to share ideas in a clear way. • Present ideas to others and consider feedback when adapting cooking ideas. • Identify assessment piece to be made and give reason for choice, considering taste, presentation and cooking process. • Demonstrate a safe working environment throughout. 	<p>Unit 3 Pupils will</p> <ul style="list-style-type: none"> • Create a plan of work including H&S, the making process, timings, sequences. • Create 2 final cooking items using appropriate tools, equipment and ingredients. • Present final cooking items in an appropriate setting/display. • Demonstrate safe working practice in a safe working environment. • Evaluate and review final cooking pieces identifying what worked well, how it could be adapted/improved. Did the cooking process work?