FOOD TECHNOLOGY

Learning Journey

Year 7 — Year 11

Cooking becomes more ambitious and challenging. Students are encouraged to reflect on successes of dishes and analyse where improvements could be made.
A careers and skills focused subject helping students to become independent and make an informed choice on careers in the Hospitality and Catering Industry

Learn how to **cook food hygienically and safely** in the kitchen.

Cooking skills are developed and revisited in a variety of British and international recipes.

Understand the **importance of nutrition** when planning menus

Adapt recipes to suit a range of budgets and health requirements

Use **techniques independently** in preparation of commodities

Explain how dishes on a menu address **environmental issues**

Plan production of dishes for a menu

Complete dishes using **presentation techniques**

Exam & Post 16 Destination

- Hospitality and catering providers
- Working conditions in the H&C industry
- REVISION

REVISION AND EXAM PREPARATION

YEAR 11

- NEA 12 Hour Controlled Assessment — Understand the importance of nutrition when planning menus
- Customer Requirements
- Environmental Health Officer EHO — The role and responsibilities of the environmental health officer (EHO)
- Front & Back of House — In-depth study
  - Catering provision
  - Operation
- Review Dishes
- Menu Planning — Plan production of dishes for a menu

KS4 – Hospitality and Catering

YEAR 10

- Food Safety and Law
- Culinary Skills — **Skills** Build on previous skills to produce a variety of more complex international dishes independently.
- Importance of Nutrition
- Life stages and dietary needs
- Allergies and intolerances

Fairtrade: ethics

Food Miles

- Commodities
- Adapting Recipes
- Culinary Skills — how to Bake, Zest, Chop, Fry/ Sauté, Boil, Sift, Drain, Rub in, Roll Out
- Food Choices — Food Labelling; Lifestyle and allergens
- Nutrition — Healthy Eating – Recap eat well guide
- Health, Safety and Hygiene — Accident Prevention; Food and Temperature

Year 9 Recipes:
- Thai Green Curry
- Stuffed Peppers
- Vegetable Samosas
- Tomato and Basil tart
- Dutch Apple Tart

KS3 – Food Technology

YEAR 9

- Nutrition — Fats and Sugars
- Food Choices — Special Diets and religion
- Culinary Skills — **Skills** Build on previous skills in Year 7 and learn how to Melt, Simmer, Combine, Juice, Garnish and Grill.
- Cooking methods — Gelatinise – sauces
- Health, Safety and Hygiene — Food safety in the kitchen (recap); Food Bacteria; Food poisoning

Year 8 Recipes:
- Macaroni Cheese
- Stir Fry
- Spaghetti Bolognaise
- Vegetable Frittatas
- Fajitas

YEAR 8

- Technical knowledge — Sensory Analysis; Enzyme Browning
- Nutrition — **Macronutrients**
  - Protein
  - Carbohydrate
  - Vitamin and Minerals
- Cooking methods — Convection; Conduction; Using the hob
- Culinary Skills — Cooking terms
- Health, Safety and Hygiene — **Introduction to the kitchen** Health, Safety and Hygiene when preparing food.

Year 7 Recipes:
- Pasta Salad
- Vegetable soup
- Fruit Crumble
- Fish Goujons
- Pizza Wheels

YEAR 7

- Health, Safety and Hygiene — The '4' C's; Bacteria and Hygiene
- Culinary Skills — **Skills** Learn basic knife skills to Slice and Dice, and learn how to Peel, Weigh, Measure, Grate and Drain to prepare a variety of British and international dishes.
- Cooking methods
- Nutrition — Eat Well guide and nutrition

BELIEVE AND ACHIEVE