

**FOOD TECHNOLOGY Curriculum Intent:** : Cooking & Nutrition has the ability to transform the lives of young people through knowledge of how to live a healthy lifestyle and making informed decisions in what we put into our bodies to fuel our lives and minds.

- To build upon KS2 experiences of Food Technology
- To give the key skills in independence and making the correct choices.
- To evidence the progress made in these areas in order to document the learning achieved.
- To give an insight into KS4 course content.

Year 7	HT1	HT2	HT3	HT4	HT5	HT6
<b>Content, Knowledge &amp; Skills</b>	<b>H&amp;S. Review of KS2 knowledge.</b> <ul style="list-style-type: none"> <li>• Basic health and Safety in the kitchen.</li> <li>• Kitchen expectations and hazards.</li> <li>• Hygiene and washing up systematically and clearing away independently.</li> <li>• Identifying Equipment and utensils in the kitchen.</li> </ul>	<b>Food Safety Identifying Fruits/Veg</b> <ul style="list-style-type: none"> <li>• Bacteria</li> <li>• Chill/Storage</li> <li>• 4 Cs.</li> </ul> <b>Food Ingredients</b> <ul style="list-style-type: none"> <li>• Fruits/Veg,</li> <li>• Carbohydrates</li> <li>• Dairy</li> <li>• Protein</li> <li>• Oils</li> </ul>	<b>Basics of Baking</b> <ul style="list-style-type: none"> <li>• How to use raising agents.</li> <li>• How to mix/combine dough, shape dough.</li> <li>• How to peel and mash fruit</li> <li>• How to glaze, grease/line.</li> </ul>	<b>Field to Fork</b> <ul style="list-style-type: none"> <li>• Food Provenance and carbon footprints</li> <li>• Cereals. Theory and practical</li> <li>• Potatoes – sensory analysis</li> <li>• Rice – Theory and practical.</li> <li>• Food waste.</li> </ul>	<b>Dairy &amp; Protein</b> <ul style="list-style-type: none"> <li>• Understanding of modern farming methods.</li> <li>• Manufacturing food.</li> <li>• Preservatives.</li> <li>• How is dairy food used in different countries.</li> <li>• Protein and sources of protein.</li> <li>• Basic dairy food ingredients.</li> </ul>	<b>Mechanical aeration</b> <ul style="list-style-type: none"> <li>• How does aeration make cakes rise.</li> <li>• Creating a batter</li> <li>• Making simple cakes.</li> <li>• Styling food.</li> <li>• Food packaging</li> </ul>
<b>Purpose / potential links to KS4 &amp; future steps</b>	Basic Knife Skills, Weighing, Measuring, Use of the hob, Use of the Oven.	Food storage essential knowledge. Food categories and preparation of basic ingredients.	Basic techniques for cooking with science and different equipment.	Staple food diets of different cultures. Understanding food miles travelled.	Where does our food come from. How is it kept fresh.	Food packaging and recycling.
<b>Key Vocabulary</b>	Fruits/Veg as list, Carbohydrates, Dairy, Protein, Oils.	Weigh, measure, hob, whisk, tablespoon, pan, scale.	Raising agent, flour, rolling pin, mashing, glazing	Food miles. Cultural diets.	Portion control, grating, poaching, scrambling.	Aeration, rising, recycling.

<b>Year 7 Skill Required</b>	<ul style="list-style-type: none"> <li>Accurate use of Knife - bridge hold &amp; claw hold.</li> <li>Kitchen discipline</li> </ul>	<ul style="list-style-type: none"> <li>Independent and safe use of hob.</li> <li>Shortening</li> <li>Weighing</li> <li>Boiling/Draining</li> <li>Peeling/Mashing</li> </ul>	<ul style="list-style-type: none"> <li>Rubbing in - Combine wet/dry ingredients</li> <li>Rolling and shaping - Correct use of rolling pin</li> </ul>	<ul style="list-style-type: none"> <li>Independent use of frying pan</li> <li>Independent use of frying oven.</li> <li>Binding</li> <li>Melting</li> </ul>	<ul style="list-style-type: none"> <li>Blending</li> <li>Dicing</li> <li>Measuring</li> </ul>	<ul style="list-style-type: none"> <li>Weighing</li> <li>Combining</li> <li>Beating</li> </ul>
<b>Practical KP Skill – Assessed work</b>	Fruit Salad - Appropriate and correct use of utensils to produce a quality product.	Pasta Salad - Used technique of boiling ingredients independently and safely.	Scones - Created part of a product by using a method to blend 2 ingredients.	Flapjack - Correct use of equipment observing H&S and kitchen rules.	Vegetable Soup - Used equipment to control correct amounts of ingredients.	Apple Crumble - Used equipment to control correct amounts of ingredients.
		Fruit Smoothie - Successfully used a combination of techniques to produce a consistent product.	Scones - Produced a batch of similar products.	Flapjack - Created part of a product by using a method to blend 2 ingredients.	Vegetable Soup – Used a chopping technique to produce particular size of ingredients.	Omelette - Created a product by using a technical skill.
			Pizza - Used equipment and portion control to produce a suitable product.		Vegetable Soup - Created part of a product by using a method to blend 2 ingredients.	
<b>Equipment used</b>	Knife and chopping board	Hob and sauce pan Masher and peeler.	Mixing Bowl Scales Glazing Brush	Pastry Roller Hob and Frying pan.	Measuring Jug Blender	Scales Egg whisk
<b>Ingredients used</b>	Onion	Peppers, pasta. Soft fruit.	Flour, eggs, sugar. Yeast, flour, tomato, cheese	Butter, oats, syrup.	Vegetables, water.	Flour, sugar, fruit. Eggs, milk.

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- To build upon Year 7 experiences of Food Technology
- To further develop key skills in independence and ability to work under less supervision..
- To introduce more complex cooking techniques and recipes that can be adapted to personal preference or to improve nutritional content.
- To evidence the progress made in these areas in order to document the learning achieved.
- To give further insight into KS4 course content.

Year 8	HT1	HT2	HT3	HT4	HT5	HT6
<b>Content, Knowledge &amp; Skills</b>	<b>Eat Well Project</b> <ul style="list-style-type: none"> <li>• Dietary analysis</li> <li>• Macronutrients</li> <li>• Starch</li> <li>• Protein</li> <li>• Fat</li> <li>• Vitamins</li> <li>• Minerals</li> </ul>	<b>Recipe Structure</b> <ul style="list-style-type: none"> <li>• Cross contamination</li> <li>• Wet and dry cooking methods</li> </ul>	<b>Balanced Meal</b> <ul style="list-style-type: none"> <li>• Healthier Cooking methods</li> <li>• Benefits of unsaturated fats</li> <li>• Reducing unhealthy cooking methods.</li> <li>• Heat transfer cooking methods.</li> </ul>	<b>Fish in Diets</b> <ul style="list-style-type: none"> <li>• Incorporating fish into diets</li> <li>• Adapting recipes</li> </ul>	<b>Fruit Desserts</b> <ul style="list-style-type: none"> <li>• Health and disease prevention</li> <li>• Dietary analysis</li> <li>• Reducing sugar in baked goods</li> </ul>	<b>Salt and Sugar</b> <ul style="list-style-type: none"> <li>• Increasing fruit and fibre in baked goods.</li> <li>• Creating a recipe to be followed.</li> </ul>
<b>Purpose / potential links to KS4 &amp; future steps</b>	Advanced knife skills	To know how to handle and cook meat safely.  To understand the visual and taste effects of Caramelisation.	Developing a suitable recipe using prior knowledge from Eat Well plate.  To assess and use heat transfer methods as an alternative to frying.	Investigate the benefits of fish in a balanced diet.  Select a range of ingredients to invent a new version of a classic recipe.	To demonstrate an understanding of the impact of diet on health.	To recognize the importance of clear instruction and plans when cooking.

Key Vocabulary	Salmonella, E Coli,	Contamination, caramelisation,	Conduction, Convection Radiation	Polyunsaturated fats, Omega 3, Hydration, dextrinization. Coagulate, set,	Reduction, Prevention, Risk, Treatment.	Heart disease, cancer.
<b>Year 8 Skill Required</b>	<ul style="list-style-type: none"> <li>Adapting ingredients for different purposes.</li> <li>Examine the benefits of adding nutrients into a diet.</li> </ul>	<ul style="list-style-type: none"> <li>Meat preparation</li> <li>Frying</li> <li>Presenting</li> <li>Budgeting</li> </ul>	<ul style="list-style-type: none"> <li>Layering</li> <li>Boiling</li> <li>Sauce production</li> <li>Grating</li> <li>Styling</li> </ul>	<ul style="list-style-type: none"> <li>Binding</li> <li>Blanching</li> <li>Molding/Shaping</li> <li>Roasting</li> <li>Independent use of oven.</li> </ul>	<ul style="list-style-type: none"> <li>Create a filling</li> <li>Folding</li> <li>Beating</li> <li>Use eggs and coagulation.</li> </ul>	<ul style="list-style-type: none"> <li>Simmering</li> <li>Steaming</li> <li>Portioning</li> </ul>
<b>Practical KP Skill – Assessed work</b>	Potato Wedges - Appropriate use of claw and bridge to produce particular shape for ingredients.	Chicken Stir fry – Recognize the process of caramelisation to improve styling and taste of chicken.	Cottage Pie - Calculate quantities of ingredients required for specific portions.	Fishcakes – Observe and identify dextrinization taking place.	Quiche – Modify a recipe to personal taste.	Savoury Rice - Estimate quantities for correct portion and amounts needed per serving.
	Compare the nutritional value of mass produced products against freshly made.	Selected ingredients in the correct order following the recipe closely and at right timings.	Substitute an ingredient that is harmful to the environment with a sustainable alternative.	Used a coating efficiently to improve the appearance of a product.	Explain the process of coagulation.	Predict when vegetables have been steamed long enough to be al dente.
	Examine the benefits of adding nutrients into a diet.	Correct use the hob and use of thermometer to test for readiness.	Demonstrate an understanding of quantity prediction and control of food wastage.	Evaluated the final outcome by peer assessing against others work. Suggested alternative recipe to improve the outcome.	Selected an appropriate combination of flavours and used efficiently and independently.	Create a stock using pre prepared ingredients.

<b>Equipment used</b>	Knife and chopping board	Hob and frying pan.	Oven Grill Hob and saucepan	Oven Mixing bowl	Pastry base. Oven	Steamer
<b>Ingredients used</b>	Potato Seasoning	Chicken thighs Peppers	Mince Meat Onion Potato	Salmon. Potato Herbs	Cheese eggs pastry	Rice Stock Vegetables.

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- To build upon advances of skills made during year 8.
- To further develop key skills in independence and ability to work under limited supervision.
- To introduce complex cooking techniques and recipes adaptable independently.
- To evidence the progress made in these areas in order to document the learning achieved.
- To give further insight into KS4 course content.

Year 9	HT1	HT2	HT3	HT4	HT5	HT6
<b>Content, Knowledge &amp; Skills</b>  Using a range of ingredients to produce a separate ingredient that can be used in variety of dishes.  Use of the ingredient to create dish.	<b>Italian Food</b>  Using a range of ingredients to produce a separate ingredient that can be used in variety of dishes.  Use of the ingredient to create dish.	<b>Fresh Pasta</b>  Using a traditional equipment to produce widely available manufactured products out of raw ingredients.  Consideration of benefits and costs.	<b>Chicken and bread</b>  Coating food to improve presentation and give texture. Egg Wash, flour and coating technique.  Developing skills of bread production using yeast – consideration of suitable shapes and styles.	<b>Pizza Personalisation</b>  Refining size and depth of a product to allow the correct amount of conduction to take place across the whole product.  Checking the depth of a large area of dough.	<b>Savoury Pastry</b>  Evidence of comparing the attractiveness of a food product by stylising and precisely designing the layers of the ingredients.  Understanding of how and why blind baking is used.	<b>Independent Planning</b>
<b>Purpose / potential links to KS4 &amp; future steps</b>	To be able to consider the correct ingredients and the qualities needed for a recipe to be successful.	To be able to Select appropriate equipment to work independently.	To assess and use a suitable method of cooking and presentation for a dish to be healthy and attractive to the consumer.	To be able to estimate correct cooking times for products based on prior experiences, calculation and learning.	To build on prior baking experiences in Year 8.	To recognize the importance of clear instruction and plans when cooking.
<b>Key Vocabulary</b>	Thickening, Reduction.	Laminating, pasta, agitation.	Coating, appearance.	Depth, area.	Fluting, Blind Baking.	Production Planning, Timing.
<b>Year 8 Skill Required</b>	<ul style="list-style-type: none"> <li>• Thickening – via evaporation</li> <li>• Judging the texture of a product.</li> <li>• Reducing</li> </ul>	<ul style="list-style-type: none"> <li>• Laminating</li> <li>• Pasta production</li> <li>• Rolling</li> <li>• Whisking</li> <li>• Agitating</li> </ul>	<ul style="list-style-type: none"> <li>• Grating</li> <li>• Binding</li> <li>• Coating</li> <li>• Shaping</li> <li>• Kneading.</li> </ul>	<ul style="list-style-type: none"> <li>• Rolling</li> <li>• Reducing</li> <li>• Mixing</li> <li>• Weighing</li> </ul>	<ul style="list-style-type: none"> <li>• Pastry making</li> <li>• Blind baking.</li> <li>• Laying pastry using rolling pin.</li> <li>• Fluting of sides.</li> </ul>	<ul style="list-style-type: none"> <li>• A combination of learnt skills.</li> </ul>

	<ul style="list-style-type: none"> <li>Browning</li> <li>Weighing</li> </ul>		<ul style="list-style-type: none"> <li>Matching design work</li> </ul>		<ul style="list-style-type: none"> <li>Cutting with shapes</li> </ul>	
<b>Practical KP Skill – Assessed work</b>	Marinara Sauce - appropriately thickened through accurate simmering and reduction of liquid.	Fresh Pasta - Pasta will be smooth and durable – evidencing accurate laminating and shaping techniques.	Chicken Parmigiana – coated evenly in mixture. Used a coating efficiently to improve the appearance of a product.	Pizza – Toppings are adapted and cooked to reasonable timing to reflect needs of growing teenager.	Quiche – Fluted tin is lined efficiently and precisely.  Uniform crust with consistent thickness, no soggy underneath.	Own choice of 2 course meal.  A considered choice, approach and timed plan production is detailed and well planned.
	Spaghetti Bolognese – adapted to improve overall outcome – development from marinara sauce.	Bechemal Sauce – Sauce is viscous sauce evidencing appropriate whisking technique – gelatinised sauce.	Bread – Dough is elastic and pliable. Accurate kneading technique. Shaped appropriately.		Puff Pastry – accurate use of pastry cutter to produce a batch of identical products	
<b>Equipment used</b>	Knife and chopping board	Pasta Machine	Oven Grill Hob and frying pan	Oven Grater Mixing bowl	Oven Rolling Pin	Own Choice
<b>Ingredients used</b>	Mince Meat Tomatoes Onion	Flour Water Butter Cream	Chicken Fillets Bread Crumbs Flour Yeast	Pizza Dough Tomatoes Cheese	Cheese eggs Pastry	Own Choice