

## Curriculum Map: Food Technology

In Food Technology lessons during KS3, students will develop an awareness of the healthy eating initiatives and the importance of food choices on health. They will develop an understanding of what can influence our food choices. Students will understand where food comes from and will discover food from different cuisines around the world. Students will develop cooking skills by producing a range of predominantly savoury dishes. Students will be challenged to consistently apply good food safety and hygiene principles within a timeframe. They will develop an awareness that cooking is enjoyable & essential in looking after their physical and mental health.

| KS2 NC  | Time          | 7:<br>Food, Nutrition & Health   | 8:<br>Food Provenance & Staple Foods   | 9:<br>Factors Influencing Food Choice   | 10   | 11   | KS5   | Careers   |
|---|---------------|--|--|---|--|--|---|---|
| <p>Pupils should be taught how to cook and apply the principles of nutrition and healthy eating.</p> <p>understand and apply the principles of a healthy and varied diet</p> <p>Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques</p> <p>understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed.</p> | Autumn Term 1 | Rotation 1:<br><br>Introduction.<br>Health and Safety.<br>Food Safety.<br>Naming the 5 nutrients.<br><br>Weighing/Measuring. Developing basic skills during the practical lessons – fruit salad & pizza snack. | Rotation 1:<br><br>Introduction<br><br>Staple Crops<br><br>Primary Processing<br><br>Develop practical skills – jerk chicken and focaccia.               | Rotation 1:<br><br>Introduction<br>Factors influencing food choice<br>Food labelling and marketing<br>Develop practical skills – pasta bake and kebabs with flatbreads. | Introduction<br>Food Nutrition and Health:<br>Nutrients<br>Protein<br>Carbohydrates<br>Fats<br>Vitamins and Minerals<br><br>Introduce medium/ complex skills and various preparation and cooking techniques covering the NEA 1 and 2 requirements.<br><b>Written assessment.</b> | Introduction to NEA 1<br>Students to choose the question, undertake research plan and complete experiments then evaluate and conclude.   | Bury College, Hopwood Hall College & Manchester College offer a selection of courses related to cookery skills working up to university level hospitality studies | Nutritionist<br>Flavourist<br>Food journalist<br>Caterer<br>Restaurant owner<br>Waiter<br>Baker.<br>Prep cook.<br>Cake decorator.<br>Line cook.<br>Butcher.<br>Pastry cook.<br>Banquet cook.<br>Sushi chef<br>Dietitian<br>New Product Developer<br>Development Chef<br>Food Marketer |
|   | Autumn Term 2 | Develop nutritional understanding – Eatwell Guide and the 5 a day campaign.<br>Continue to develop practical skills – flapjack and sweet and sour.   | Recap and develop food safety knowledge<br>Food Security<br>Develop practical skills – bolognese and chow mein.  | Medical factors influencing food choice – diabetes and allergies/ intolerances.<br>Develop practical skills – baked meatballs and calzone.                              | Nutrition and Health Energy needs, Nutritional Analysis<br>Balanced diet and diet related health conditions.<br><b>Written assessment.</b>   | Students to continue with the NEA 1 started term 1<br><b>Complete NEA 1</b><br><br><b>Written assessment – Mock exams.</b>   |   |   |
|   | Spring Term 1 | Understand the effect of our diet on health.<br><b>Written assessment.</b><br><br>Continue to develop practical skills – fruit crumble.<br><br>Swap to Design & Technology.                                    | Food Science experiment – ingredients in a scone.<br>Develop practical skills - scones.<br><b>Written assessment.</b><br><br>Swap to Design & Technology | Food Science experiment – gluten formation.<br>Develop practical skills – Swiss roll.<br><br><b>Written assessment.</b><br><br>Swap to Design & Technology.             | Functional and chemical Properties of foods, Food Science, Cooking methods<br>Heat transfer<br><b>Written assessment.</b>  | Introduction to NEA 2,<br>Students to choose the question, undertake research plan and practice dishes.  |   |   |
|   | Spring Term 2 | Rotation 2:<br><br>Introduction.<br>Health and Safety.<br>Food Safety.<br>Naming the nutrients.<br>Weighing/Measuring. Developing basic skills during the practical  | Rotation 2:<br><br>Introduction<br><br>Staple Crops<br><br>Primary Processing<br>Develop practical skills –  | Rotation 2:<br><br>Introduction<br>Factors influencing food choice<br>Food labelling and marketing<br>Develop practical skills – pasta bake and                         | Food Safety, Food Spoilage<br>Storage, Bacteria<br>Preparing, cooking and serving food.<br><b>Written assessment.</b>  | Continue with NEA 2<br>Complete 3 dishes within 3 hours then evaluate, cost nutritionally analyse and conclude <b>Complete NEA 2.</b><br><br><b>Written assessment – Mock exams.</b> |   |   |

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|               | lessons – fruit salad and pizza snack.   | jerk chicken and focaccia.  | kebabs with flatbreads.  |  |  |
| Summer Term1  | Develop nutritional understanding – Eatwell Guide and the 5 a day campaign.<br>Continue to develop practical skills – flapjack and sweet and sour. | Recap and develop food safety knowledge.<br>Food Security.<br>Develop practical skills – bolognese and chow mein.     | Medical factors influencing food choice – diabetes and allergies/ intolerances.<br>Develop practical skills – baked meatballs and calzone. | Food Choices, Labelling, Marketing, British and international cuisines, Sensory evaluation<br><b>Written assessment.</b>                             | Recap learning from year 10<br>Exam preparation/Revision |
| Summer Term 2 | Understand the effect of our diet on health.<br><b>Written assessment.</b><br><br>Continue to develop practical skills – fruit crumble.            | Food Science experiment – ingredients in a scone.<br>Develop practical skills - scones.<br><b>Written assessment.</b> | Food Science experiment – gluten formation.<br>Develop practical skills – Swiss roll.<br><br><b>Written assessment.</b>                    | Food Provenance, Environmental impact and sustainability, Food processing, Introduction of NEA, Mini NEA 2<br><b>Written assessment – mock exam.</b> | Exam preparation<br>Revision sessions                    |