

Food Technology Curriculum Overview Year 7

<u>Term</u>	<u>Topic and key questions</u>	<u>Assessment structure</u>	<u>How parents can help</u>
<u>Autumn 1</u> <u>Spring 1</u> <u>Summer 1</u>	<ul style="list-style-type: none"> • Safety and Hygiene during food preparation. • Understanding and using tools and equipment safely. • Understanding how to wash up. • Understanding the nutritional importance of eating 5 a Day. • Using the oven safely • Evaluating finished products taking into consideration taste, texture and aroma and deciding how they could be improved or developed further. 	<ul style="list-style-type: none"> • Knife skills (bridge hold, claw grip) , using basic equipment, fruit preparation – Fruit Salad. • Understanding the melting method: flapjack. • Designing a leaflet to encourage teenagers to eat 5-A day. • Evaluation of finished product using appropriate sensory descriptive words. 	<p>Understand more about what your child is doing by visiting : www.foodafactoflife.org.uk. Explore a range of interactive resources available.</p> <p>Support your child by providing ingredients when necessary for practical lessons and help them to evaluate their food through tasting, discussion and feedback.</p>
<u>Autumn 2</u> <u>Spring 2</u> <u>Summer 2</u>	<ul style="list-style-type: none"> • Weighing and measuring • Using electrical equipment safely • Applying the principles of nutrition and health in designing and making a packed lunch. • Complete production plan to show order of work, health and safety and good time management. • Evaluating finished products taking into consideration taste, texture and aroma and deciding how they could be improved or developed further. 	<ul style="list-style-type: none"> • Weighing and measuring ingredients accurately- Rubbing -in techniques : Fruit Crumble, Scone • Using electrical equipment safely(Blender) : Fruit Smoothie • Weighing and measuring, knife skills, using the rubbing in method, combining, mixing, kneading, shaping and baking dough.: Pizza whirl • Preparing a healthy packed lunch to demonstrate an understanding of a balanced diet. 	<p>Engage in conversation with your child about how her work is assessed and how does she know when she is doing well.</p>

Food Technology Curriculum Overview Year 8

<u>Term</u>	<u>Topic and key questions</u>	<u>Assessment structure</u>	<u>How parents can help</u>
<p><u>Autumn 1</u> <u>Spring 1</u> <u>Summer 1</u></p>	<ul style="list-style-type: none"> • Become familiar with (and more confident in) the cooking area. • Use the cooker safely (grill, hob, and oven.) • Understand how to apply the 4C's to Good Food Hygiene • Sources of food: cereal products. • Prepare a range of fresh ingredients (peeling, grating, and chopping.) • Experimenting with different ingredients. • Evaluating finished products taking into consideration taste, texture and aroma and deciding how they could be improved or developed further. 	<ul style="list-style-type: none"> • Use a range of equipment/ process fairly accurately to create a good quality product. • Practical cooking skills, knowledge and understanding, researching, designing, planning and evaluating. • Cutting techniques: claw grip; bridge hold • Sauce making, cake making-creaming method, cooking pasta, finishing technique, e.g. garnishing and decoration. • Evaluate finished product including strengths, weaknesses and areas to improve. 	<p><i>Understand more about what your child is doing by visiting :</i> www.foodafactoflife.org.uk</p> <p><i>Explore a range of interactive resources available.</i></p> <p><i>Support your child by providing ingredients when necessary for practical lessons and help them to evaluate their food through tasting, discussion and feedback.</i></p>
<p><u>Autumn 2</u> <u>Spring 2</u> <u>Summer 2</u></p>	<ul style="list-style-type: none"> • Researching (shop survey, product comparison, consumer survey.) • Designing and making new products • Packaging and labelling.) • Wise food shopping. • Learn and apply the Eatwell Guidemodell to meal planning • Evaluating finished products taking into consideration taste, texture and aroma and deciding how they could be improved or developed further. 	<p>Generating Ideas and Planning</p> <ul style="list-style-type: none"> • Conduct research and use it to plan product and ask people their opinions • Generate design ideas based on research carried out. • Communicate ideas using words, labelled sketches and models. • Research suitable recipe. • Draw up step- by- step for making, showing correct tools, equipment, materials, components and techniques • - use a range of equipment/ process fairly accurately to create a good quality product. • Show evidence of wise shopping skill from using online research. • Plan and cook dishes taking into consideration the eat well guide and healthy eating. 	<p><i>Encourage your child to go shopping with you and get them to compare prices, look at nutritional labeling and ingredients. Discuss with them how to choose healthy option for different meals.</i></p> <p><i>Engage in conversation with your child about how her work is assessed and how does she know when she is doing well.</i></p> <p><i>Make it a practice to base all your meals at home on the eatwell guide principle.</i></p>

Food Technology Curriculum Overview Year 9

<u>Term</u>	<u>Topic and key questions</u>	<u>Assessment structure</u>	<u>How parents can help</u>
<u>Autumn 1</u> <u>Spring 1</u> <u>Summer 1</u>	<ul style="list-style-type: none"> • Principles of Nutrition-understand and apply the principles of nutrition and health to cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet. • Food Preparation- Become competent in a range of cooking techniques, for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes. • Food Choice- How to modify recipes and cook a range of dishes that promote current healthy eating messages. • How to adapt and use their own recipes to meet a range of dietary needs and life stages. • Food Provenance- Understand the source, seasonality and characteristics of a broad range of ingredients. • Food hygiene and safety- How to use good food hygiene and safety practices when getting ready to store, prepare and cook food for safe consumption. • The principle of food safety, preventing cross-contamination, chilling, cooking food thoroughly and reheating food until it is piping hot. 	<ul style="list-style-type: none"> • Home learning and extension activity. • Group work with different roles. • Demonstration of practical skills. • Teacher, peer and self-assessment. • Evaluate finished product including strengths. Weaknesses and areas to improve. • Recipe adaptation to make recipe suitable for different dietary needs. 	<p>Understand more about what your child is doing by visiting : www.foodfactoflife.org.uk. British Nutrition Foundation general resources.</p> <p>Food Standards Agency Meat and Education Resources</p> <p>Explore a range of interactive resources available.</p> <p>Support your child by providing ingredients when necessary for practical lessons and help them to evaluate their food through tasting, discussion and feedback.</p>
<u>Autumn 2</u> <u>Spring 2</u> <u>Summer 2</u>	<ul style="list-style-type: none"> • Sensory evaluation- How to use awareness of taste, texture and smell to decide how to season dishes and combine ingredients. • Cultures and Cuisines- Select and plan to cook a range of high quality dishes with a good level of finish and presentation, containing a variety of different colours, flavours and textures that celebrates the cuisine from other countries. 	<p>Comparison and nutritional analysis of buying ready-made meals over freshly prepared meals.</p> <p>Research based activity into how food choices are influenced by different cultural and religious influences.</p>	<p>Engage in conversation with your child about how her work is assessed and how does she know when she is doing well.</p> <p>Visit local restaurant with your child and try different foods from different culture.</p>