Food Technology - Curriculum Overview

Half Term:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics:	Health and safety: how to work safely within the Food classroom and understand about food hygiene. Bridge and claw hold: working safely and knife skills. Energy needs and energy balance; what is it and why is it important?	Health and safety: how to work safely within the Food classroom and understand about food hygiene. Bridge and claw hold: working safely and knife skills. Energy needs and energy balance; what is it and why is it important?	Eatwell guide: What is each section and what does it mean for your body. Practical skills and which are used for each recipe and why.	Eatwell guide: What is each section and what does it mean for your body. Practical skills and which are used for each recipe and why.	Using the grill: how to use the grill safely and a range of recipes which can be used. Factors affecting food choice: Why people have different diets and how they ensure they are still having a broad and varied diet. All in one roux sauce	Using the grill: how to use the grill safely and a range of recipes which can be used. Factors affecting food choice: Why people have different diets and how they ensure they are still having a broad and varied diet. All in one roux sauce
Assessment & End Points:	Students will be marked on their ability to Describe and explain the principles of The Eatwell Guide and relate it to the diet. Name the main nutrients and their functions provided by The Eatwell Guide food groups. Explain and apply the 8 tips for healthy eating to their own diet.	Students will be marked on their ability to Describe and explain the principles of The Eatwell Guide and relate if to the diet. Name the main nutrients and their functions provided by The Eatwell Guide food groups. Explain and apply the 8 tips for healthy eating to their own diet.	Students will be marked on their ability to Name the main nutrients and their functions provided by The Eatwell Guide food groups. Carry out with skill and accuracy practical cooking, making a range of dishes. Describe and categorise a range of foods, state how they are used to create a wide range of dishes.	Students will be marked on their ability to Name the main nutrients and their functions provided by The Eatwell Guide food groups. Carry out with skill and accuracy practical cooking, making a range of dishes. Describe and categorise a range of foods, state how they are used to create a wide range of dishes.	Students will be marked on their ability to Describe and categorise a range of foods, state how they are used to create a wide range of dishes. Identify and explain a range of factors that can affect food choice. Apply knowledge of ingredients to create a dish for a specific purpose and justify their choice.	Students will be marked on their ability to Describe and categorise a range of foods, state how they are used to create a wide range of dishes. Identify and explain a range of factors that can affect food choice. Apply knowledge of ingredients to create a dish for a specific purpose and justify their choice.
	End Point – to have produced a range of savoury dishes using a range of practical skills. To have used equipment such as vegetable knives, peelers, colanders and the hob. To have used practical skills to produce own dish such as knife skills, boiling, draining, peeling, shaping and seasoning. To have gained knowledge of the Eatwell guide and healthy eating. To have made links in their learning to KS2, science, and PE.		End Point – to have produced a range of savoury dishes using a range of practical skills. To have used equipment such as vegetable knives, peelers, colanders, oven and the hob. To have used practical skills to produce own dish such as knife skills, boiling, draining, peeling, shaping, rubbing in, reduction and seasoning. To have gained knowledge of the Eatwell guide and healthy eating. To have made links in their learning to science and PE.		End Point - to have produced a further range of practical experiences and continued to work safely and hygienically. To have used equipment such as vegetable knives, peelers, colanders, oven, grill and the hob. To have gained in proficiency in knife skill techniques. To have used practical skills to produce own dish such as knife skills, enrobing, handling raw meat, boiling, draining, all in one sauce and seasoning. To have gained	

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	knowledge of the factors which can affect food choice.
	To have made links in their learning to science and PE.

Half Term:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Topics:	Health and safety: how to work safely within the Food classroom and understand about food hygiene. Bridge and claw hold recap: working safely and knife skills. Energy sources within the diet and to understand energy balance.	Health and safety: how to work safely within the Food classroom and understand about food hygiene. Bridge and claw hold recap: working safely and knife skills. Energy sources within the diet and to understand energy balance.	Eggs: their benefits and uses in different recipes. All in one roux sauce and how this can be used in a range of recipes. Factors affecting individual food choice. Micronutrients: what are they and what are they used for.	Eggs: their benefits and uses in different recipes. All in one roux sauce and how this can be used in a range of recipes. Factors affecting individual food choice. Micronutrients: what are they and what are they used for.	Handling and cooking raw meat safely and hygienically and enrobing chicken with breadcrumbs. Bread dough: what are the functions of ingredients	Handling and cooking raw meat safely and hygienically and enrobing chicken with breadcrumbs. Bread dough: what are the functions of ingredients	
Assessment & End Points:	Students will be marked on their ability to Explain, develop and demonstrate the principles of food hygiene and safety when preparing and cooking ingredients. Carry out with skill and accuracy practical cooking, making a range of dishes Describe and explain the principles of The Eatwell Guide and relate it to the diet	Students will be marked on their ability to Explain, develop and demonstrate the principles of food hygiene and safety when preparing and cooking ingredients. Carry out with skill and accuracy practical cooking, making a range of dishes Describe and explain the principles of The Eatwell Guide and relate it to the diet	Students will be marked on their ability to Carry out with skill and accuracy practical cooking, making a range of dishes Name the main nutrients and their functions provided by The Eatwell Guide food groups Explain the sources, types and functions of vitamins A, D, B group and C and the minerals calcium, iron and sodium.	Students will be marked on their ability to Carry out with skill and accuracy practical cooking, making a range of dishes Name the main nutrients and their functions provided by The Eatwell Guide food groups Explain the sources, types and functions of vitamins A, D, B group and C and the minerals calcium, iron and sodium.	Students will be marked on their ability to Carry out with skill and accuracy practical cooking, making a range of dishes. Ability to handle and cook raw meat safely and hygienically. Understanding and recommendations of carbohydrates and fibre in the diet.	Students will be marked on their ability to Carry out with skill and accuracy practical cooking, making a range of dishes. Ability to handle and cook raw meat safely and hygienically. Understanding and recommendations of carbohydrates and fibre in the diet.	
	End Point – to have produced a range of savoury dishes using a range of practical skills. To have used equipment such as measuring jug, cutters, hob and oven. To have		End Point – to have produce using a range of practical ski such as measuring jug, cutte	lls. To have used equipment	using a range of practical ski	End Point – to have produced a range of savoury dishes using a range of practical skills. To have used equipment such as measuring jug, cutters, hob and oven. To have	

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used practical skills to produce own dish such as knife	used practical skills to produce own dish such as knife	used practical skills to produce own dish such as knife
skills, boiling, draining, weighing and measuring, wet	skills, boiling, draining, weighing and measuring, wet	skills, boiling, draining, weighing and measuring, wet
and dry, shaping and seasoning. To have gained	and dry, shaping and seasoning. To have gained	and dry, shaping and seasoning. To have gained
knowledge of the Eatwell guide and healthy eating. To	knowledge of the Eatwell guide and healthy eating. To	knowledge of the Eatwell guide and healthy eating. To
have made links in their learning to year 7, science and	have made links in their learning to year 7, science and	have made links in their learning to year 7, science and
PE.	PE.	PE.

Half Term:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics:	Health and safety: how	Health and safety: how	Layering: producing a	Layering: producing a	Bread making: making	Bread making: making
	to work safely within	to work safely within	cottage pie with a	cottage pie with a	pizza dough to	pizza dough to
	the Food classroom and	the Food classroom and	smooth mash layer with	smooth mash layer with	understand the	understand the
	understand about food	understand about food	decoration.	decoration.	function of ingredients.	function of ingredients.
	hygiene.	hygiene.	Layering: producing a	Layering: producing a	Food choice: looking at	Food choice: looking at
	Bridge and claw hold	Bridge and claw hold	lasagne with 3 layers.	lasagne with 3 layers.	options available in	options available in
	recap: working safely	recap: working safely	Baking: Dutch apple cake	Baking: Dutch apple cake	supermarkets/home	supermarkets/home
	and knife skills.	and knife skills.	using the creaming	using the creaming	delivery vs. homemade	delivery vs. homemade
	Eatwell guide: dietary	Eatwell guide: dietary	method.	method.	recipes.	recipes.
	needs and physical	needs and physical			Reduction and meat	Reduction and meat
	activity.	activity.			handling: producing	handling: producing
		-			chicken curry and rice.	chicken curry and rice.
Assessment & End Points:	Students will be marked on	Students will be marked on	Students will be marked on	Students will be marked on	Students will be marked on	Students will be marked on
	their ability to	their ability to	their ability to	their ability to	their ability to	their ability to
	Secure and	Secure and	Adapt/follow recipes to	Adapt/follow recipes to	Adapt/follow recipes to	Adapt/follow recipes to
	demonstrate the	demonstrate the	prepare and cook a	prepare and cook a	prepare and cook a	prepare and cook a
	principles of food	principles of food	range of predominately	range of predominately	range of predominately	range of predominately
	hygiene and safety in a	hygiene and safety in a	savoury dishes;	savoury dishes;	savoury dishes;	savoury dishes;
	range of situations.	range of situations.	List and explain the	List and explain the	Secure and demonstrate	Secure and demonstrate
			dietary needs	dietary needs	a range of food skills and	a range of food skills and
	Adapt/follow recipes to	Adapt/follow recipes to	throughout life stages	throughout life stages	techniques.	techniques.
	prepare and cook a	prepare and cook a	Investigate information	Investigate information	Investigate and discuss	Investigate and discuss
	range of predominately	range of predominately	and guidance available	and guidance available	new food trends:	new food trends:
	savoury dishes;	savoury dishes;	to the consumer	to the consumer	new lood hends,	new lood hends,
	Secure and demonstrate	Secure and demonstrate	regarding food labelling,	regarding food labelling,	Adapt/follow recipes to	Adapt/follow recipes to
	a range of food skills and	a range of food skills and	availability, traceability,	availability, traceability,	prepare and cook a	prepare and cook a
	techniques.	techniques.	food certification and	food certification and	range of predominately	range of predominately
			assurance schemes and	assurance schemes and	savoury dishes;	savoury dishes;
			animal welfare	animal welfare		

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				Secure and demonstrate a range of food skills and techniques	Secure and demonstrate a range of food skills and techniques	
	iced a range of savoury dishes	End Point – to have produced	0 /	End Point – to have produce	-	
	using a range of practical skills. To have used equipment such as colander, vegetable knife, rolling pin and		using a range of practical skills. To have used equipment such as vegetable knife, electric whisk, measuring jug.		using a range of practical skills. To have used equipment such as vegetable knife, electric whisk, measuring jug.	
	cutters. To have used practical skills to produce own		To have used practical skills to produce own dish such as		To have used practical skills to produce own dish such as	
	dish such as knife skills, boiling, draining, rubbing in, weighing and measuring, wrapping and shaping and		knife skills, boiling, draining, handling and cooking raw meat, layering, testing readiness, weighing and		knife skills, kneading, proving, baking, handling raw meat, reduction and seasoning. To have gained	
seasoning. To have gaine	seasoning. To have gained knowledge of the Eatwell		measuring, wrapping and seasoning. To have gained		knowledge about food trends and be able to compare	
guide and healthy eating learning to year 8, science	To have made links in their and PF	knowledge food availability. learning to year 8, science ar		shop bought meals and hom links in their learning to year		

Half Term:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics:	NEA1: Food investigation	NEA1: Food investigation	NEA2: Food investigation	Revision		
	task	task	task			
Assessment & End Points:	Students will be marked on	Students will be marked on	Students will be marked on	Students will be marked on		
	their ability to	their ability to	their ability to	their ability to		
	Meet specification	Meet specification	Meet specification	Meet specification		
	End Point – completion of coursework, continuation of		End Point – completion of co	oursework, continuation of		
	development of practical skills, exam results.		development of practical ski	ills, exam results.		