

Key Stage 3

Subject: Food Technology

Intent

To give our students vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life. Encourage the development of high level skills and resilience in a safe environment, allowing students to demonstrate commitment and act on feedback. To enable students to follow a recipe and substitute ingredients and cooking methods as appropriate, demonstrating an understanding of food choices e.g. veganism, allergies and healthy eating. To develop understanding that will allow students to become discriminating consumers of food products, enabling them to participate in society in an active and informed manner. To encourage students to understand the environmental factors which affect food production and sustainability on a global scale and give them an understanding of the need to minimise 'food waste'. Allow students to explore a number of multicultural perspectives concerning food. Students will enhance their understanding, appreciation and acceptance of people from a variety of cultural backgrounds through the preparation of food from different countries. Our students will develop their knowledge and understanding of nutrition, healthy eating, food preparation, hygiene, cooking techniques, and sensory characteristics.

Programme of study and assessment

	Autumn Term	Spring Term	Summer Term
Year 7	<ul style="list-style-type: none">• Introduction to Food Technology and expectations.• Rubbing in method to make products.• Melting method• Using the different parts of the cooker and other equipment safely.	<ul style="list-style-type: none">• Pasta and sauce• Salad project	<ul style="list-style-type: none">• Fruit and vegetables• Rice and gelatinisation
Assessment	Practical assessment Healthy eating guideline Quiz	Salad project (research skills, planning, making and evaluation)	Practical assessment
Year 8	<ul style="list-style-type: none">• Principles of the eat well guide.• Soup making and use of blenders.• Using short crust pastry.	<ul style="list-style-type: none">• Pasta and roux sauce• Layered desserts• Coagulation of protein	<ul style="list-style-type: none">• Yeast dough making – focaccia, bread rolls and pizza

	<ul style="list-style-type: none"> • Macro and micro nutrients. • Raising agents 		
Assessment	Practical assessment Nutrition test Quiz	Practical assessment Explain the processes of gelatinisation and coagulation	Practical assessment How yeast works as a raising agent
Year 9	<ul style="list-style-type: none"> • Food around the world. • Viennese biscuits & sugar • Italy- Tagliatelle carbonara & quick 'V' lasagne & vegetables & potatoes. • China- Chicken chow mein & meat & poultry. 	<ul style="list-style-type: none"> • India – vegetable curry and rice • Mexico –chilli con carne & pulses • USA- Jambalaya & factors affecting different cuisines. 	<ul style="list-style-type: none"> • Change over-repeat
Assessment	Practical assessment Written assessment	Practical assessment Written assessment	