

LTP – KS3 Food Technology

The intent of the Food Technology curriculum is to apply the principles of nutrition and healthy eating whilst instilling a love of cooking in all pupils, regardless of academic ability. The course will encourage the boys to prepare and cook savoury and sweet dishes in a safe, hygienic and economical manner. The emphasis is to identify various equipment and demonstrate their functions. To build up a variety of catering skills through knowledge and understanding of planning, preparing and presenting meals. To build up literacy skills, the pupils will be encouraged to complete the written aspects of the subject. To develop their numeracy skills, the students will be expected to independently weigh and measure ingredients accurately. Scientific skills are also incorporated in the practical sessions. Learners will be supported in their own personal development through a variety of extra-curricular activities, such as World Food Day assembly, drop down days and trips as well as discussion of social, moral, cultural, and spiritual concepts found within the topics. Throughout their time at school, the aim is to encourage independent learning through practical participation that can be transferred to home life. Learning how to cook is a crucial life skill for pupils now and in later life.

Year 7					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Introduction to Food Technology</p> <p>Organisational skills to work in a safe and hygienic way.</p>	<p>Safety rules in the kitchen</p> <p>To use equipment safely and correctly-grating, chopping, mashing, baking, boiling, frying.</p>	<p>Hygienic rules in the kitchen</p> <p>To independently demonstrate washing up and tidying units</p>	<p>Introduction to the Eat-well Plate</p> <p>Preparing, cooking and presenting and healthy, nutritious dishes.</p>	<p>Equipment and their uses</p> <ul style="list-style-type: none"> Using different equipment to make food products. To accurately weigh and measure ingredients. 	<p>Planning, cooking and presenting savoury or sweet dishes</p> <ul style="list-style-type: none"> To cook products using basic economical ingredients. Cook different dishes by using the same product. Cook foods suitable for breakfast. To complete a skills self-assessment sheet to record and evaluate cooking skills.
Year 8					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Nutrition and balanced diet</p> <p>Demonstrating various cooking skills to prepare and cook healthy and nutritious dishes.</p>	<p>Cooking methods</p> <p>Selecting an ingredient and applying heat in different cooking methods to make a dish.</p>	<p>Use of the oven safely</p> <p>Using equipment, utensils, tools and items to effectively and safely bake savoury and sweet dishes.</p>	<p>Following recipe methods</p> <p>Understand and follow the steps of a recipe by accurately weighing and measuring food products.</p>	<p>The importance of fruits and vegetables in the diet</p> <p>To use equipment to perform safe and appropriate skills in peeling, cutting, chopping and dicing fruit and vegetables</p>	<p>Planning, cooking and presenting dishes for special occasions</p> <ul style="list-style-type: none"> Discussing, sharing and taking turns in a group activity to prepare food products. Demonstrating the skills of working in a group to prepare breakfast.
Year 9					

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p data-bbox="231 254 329 281">Foods</p> <p data-bbox="71 310 457 415">Demonstrating various cooking skills to prepare and cook healthy and nu</p>	<p data-bbox="528 254 884 352">Celebrating Society Multicultural dishes from around the world</p> <p data-bbox="507 390 819 489">Planning, cooking and presenting savoury and sweet dishes.</p>	<p data-bbox="967 254 1341 321">Budgeting of multicultural dishes</p> <p data-bbox="943 354 1347 453">To calculate the cost of ingredients in order to cook an economical dish.</p>	<p data-bbox="1466 254 1768 321">Foods from different countries</p> <ul data-bbox="1406 359 1822 531" style="list-style-type: none"> <li data-bbox="1406 359 1822 457">• To work in a group to plan, cook and present an illustration of a cultural dish. <li data-bbox="1406 464 1822 531">• Social skills- discussing, sharing and taking turns. 	<p data-bbox="1941 254 2261 281">Seasoning and spices</p> <p data-bbox="1863 321 2303 420">To plan and cook food products that demonstrate the selection of various seasoning and spices.</p>	<p data-bbox="2516 254 2742 281">Balanced Meals</p> <p data-bbox="2377 321 2822 453">To explain the characteristics of a range of ingredients in terms of nutrition, seasonality and cooking methods.</p>