Food Technology Curriculum Overview

	Autumn Term First half-term	**Autumn Term** Second half-term	**Spring Term** First half-term	**Spring Term** Second half-term	**Summer Term** First half-term	**Summer Term** Second half-term
Year 7	Hygiene, health and safety will be the focus for several lessons as we ensure our students can use the kitchen workstations safely. Students will then be introduced to healthy eating and nutrition and prepare a number of healthy recipes.	Students will design and make healthy fruit and vegetable based recipes. They will learn how to evaluate their work using star profiles to examine the sensory properties of food.	Rotation Every 12 weeks the students rotate to the next area of Creative Computing & Technology	Rotation	Rotation Every 12 weeks the students rotate to the next area of Creative Computing & Technology	Rotation
Year 8	Students will begin the term with a re-cap on hygiene, health and safety. Students will look at nutrition in detail and the “8 tips for a healthy lifestyle”. Practical lessons will focus on baked products.	Students will be taught about why key nutrients are important for health. They will also learn how to adapt recipes to make them healthier and prepare them.	Rotation Every 12 weeks the students rotate to the next area of Creative Computing & Technology	Rotation	Rotation Every 12 weeks the students rotate to the next area of Creative Computing & Technology	Rotation
Year 9	Students will be introduced to key areas of practical skills used in food preparation. Diet, health, vitamins and minerals will be studied in detail and students will be taught about nutritional deficiency diseases.	Introduction to food commodities: -Bread, cereals, flour, oats, rice, potatoes and pasta. Practical lessons will consist of using these ingredients.	Food commodities continued: -Fruit and vegetables -Dairy Practical lessons will consist of using these ingredients.	Microbiological food safety principles when buying, storing, preparing and cooking food. Food commodities continued: -meat, fish, poultry, eggs. -soya, tofu, beans, nuts, seeds.	Planning a balanced diet and understanding the recommended daily guidelines. Planning diets for specific dietary groups. Dietary requirements through the life stages.	Students will learn about why food is cooked, including, digestion, taste, texture, appearance and how to avoid food contamination.

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Year 10	Factors that affect food choices including, enjoyment, preferences, seasonality, costs, availability, activity, celebration or occasion and culture. Choices that people make about certain foods according to religion, culture, ethical belief, medical reasons or personal choices.	How to make informed choices about food and drink to achieve a varied and balanced diet, including awareness of portion sizes and costs. How information about food is available to the consumer, including food labelling and marketing. Calculate energy and nutritional values of recipes, meals and diets	Qualities of a range of food combinations and the sensory qualities that can be changed to improve to quality. Preparation of ingredients to make a selection of recipes using various knife skills. Other skills covered include combining, shaping, tenderising and marinating.	Food manufacturing: Primary stages of production, point of origin, transport. Secondary stages of production, wheat-bread, fruit- jams, milk-cheese. Technological developments that claim to support better health and food production, fortification and modified foods. The effects of food modification on health and food production.	Food provenance: food origins, including where and how foods are grown, reared, or caught. Food miles, impact on the carbon footprint, buying foods locally. The impact of packaging on the environment versus the value of packaging. Sustainability of food: the impact of food waste on the environment, local, global markets and communities, and food poverty.	Preparation for the NEA. Students will begin a mini project undertaking experimental work and produce dishes by following or modifying recipes to develop knowledge and understanding related to the working characteristics, functional and chemical properties of ingredients.

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Year 11	NEA (Controlled assessment) preparation Preparation lessons where students will continue to explore in more detail how to plan, prepare cook and serve a number of recipes. Students will select appropriate preparation, cooking and serving techniques when producing dishes for NEA	NEA (Controlled assessment) preparation Understand how to work safely, follow correct personal and food safety and hygiene practices and procedures for the NEA. Work independently: make own judgements, e.g. cooking methods, cooking time, manipulating taste, texture and appearance Use sensory descriptors appropriately and correctly.	NEA (Controlled assessment)	Exam Revision.		