

CURRICULUM OVERVIEW 2020-2021

SUBJECT: KS3 Food Technology

	Food Technology	
	Content	Skills
YEAR 7	<p>Diet and Health</p> <ul style="list-style-type: none"> What are the principles of <i>The Eatwell guide</i> and the 8 tips for healthy eating? Apply to own and others diets What is energy and how do needs change through life? What are the key nutrients, sources and functions? <p>adapt and follow recipes using a variety of ingredients and equipment to prepare and cook a range of more complex dishes; develop and demonstrate a wider range of food skills and techniques; develop and demonstrate the principles of food hygiene and safety in a range of situations;</p> <ul style="list-style-type: none"> What are the factors that affect food and drink choice? <p>demonstrate the knowledge, understanding and skills needed to engage in an iterative process of planning and making; develop and apply their knowledge and understanding of food science; apply and consolidate their literacy and numeracy skills by using them purposefully in real-life scenarios;</p>	Weigh Measure Peel Knead Cut, Slice, Chop Grate Mix and Combine All-in-one Use the grill Use the hob Use the oven Use raw meat and poultry Deseed Rub-in Roll-out Shape Divide Drain <u>COVID-19 Adaption:</u> Students to complete a small group cooking experience to develop skills.
YEAR 8	<p>Food and Cooking</p> <ul style="list-style-type: none"> What are the principles of <i>The Eatwell guide</i> and the 8 tips for healthy eating? and apply to own diet; <p>demonstrate a range of food preparation and cooking techniques; adapt and follow recipes using appropriate ingredients and equipment to prepare and cook a range of dishes; recall and apply the principles of food hygiene and safety;</p> <ul style="list-style-type: none"> How and why do people make different food and drink choices? <p>demonstrate the knowledge, understanding and skills needed to engage in an iterative process of planning and making; demonstrate and apply their knowledge and understanding of food science; consolidate literacy and numeracy skills by using them purposefully in order to learn;</p>	Weigh Measure Peel Knead Cut, Slice, Chop Grate Mix and Combine Use the grill Use the hob Use the oven Deseed Rub-in Roll-out Divide Drain Whisk Development of a small group cooking experience to develop skills.

YEAR 9	<p>Making Choices</p> <ul style="list-style-type: none"> • What are the principles of <i>The Eatwell Guide</i> and how do we relate this to diet through life? • What are dietary needs throughout life stage? • How do we investigate information and guidance available to the consumer regarding food labelling, availability, traceability, food certification and assurance schemes and animal welfare? • What are the characteristics of ingredients and how they are used in cooking? • How do we adapt and follow recipes to prepare and cook a range of predominately savoury dishes? <p>secure and demonstrate a range of food skills and techniques; secure and demonstrate the principles of food hygiene and safety in a range of situations;</p> <ul style="list-style-type: none"> • How do we investigate and discuss new food trends? <p>secure and demonstrate the knowledge, understanding and skills needed to engage in an iterative process of planning and making; extend and consolidate literacy and numeracy skills by using them purposefully in a range of everyday situations;</p>	<p>Weigh Measure Peel Portion Cutting, Slicing and Chopping Grate Mix and Combine Form and shape Use the grill Use the hob Use the oven Deseed Rub-in Roll-out Divide Drain Creaming</p> <p>Development of a small group cooking experience to develop skills.</p>
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