

## Curriculum Map – Food Technology KS3 and KS4

<b>Term</b>	<b>Y7</b>	<b>Y8</b>	<b>Y9</b>	<b>Y10</b>	<b>Y11</b>	<b>Careers</b>
<b>Autumn A</b>	Introduction. Baseline Health and Safety Food Safety Safe knife skills Weighing/Measuring. Developing basic skills during the practical lessons Principles of Eatwell guide Healthy Eating	Introduction Baseline Health and Safety Food Safety Practical skills assessment Safe knife skills Developing Cooking skills during the practical lessons Eatwell guide principles recap Energy	Introduction Baseline Health and Safety Food Safety Main dietary requirements in each key life stage Diet related health issues. Physical activity and energy balance Challenging practical dishes	<b>GCSE Pathway</b> Introduction Food Nutrition and Health: Nutrients Protein Carbohydrates Fats Vitamins and Minerals Introduce medium/ complex skills and various preparation and cooking techniques covering the NEA 1 and 2 requirements.	<b>GCSE Pathway</b> Introduction to NEA 1 Students to choose the question, undertake research plan and complete experiments then evaluate and conclude.	<b>Careers</b>  Nutritionalist  Flavourist  Food  journalist  Caterer  Restaurant  owner  Waiter  Baker.  Prep cook.  Cake  decorator.  Line cook.
				<b>BTEC Home cooking                      Skills/ Open Awards                      Units L1</b> <u>Topic: Hygiene and                      safety skills</u> Food Hygiene Kitchen Safety Weighing/measuring Basic Cooking skills Evaluation skills	<b>BTEC Home cooking                      Skills/ Open Awards                      Units L2</b> <u>Topic: Kitchen skills</u> Food Hygiene Kitchen Safety Equipment and Cooking skills Nutrition Eat Well Guide Dietary needs	

					<p>Special dietary requirements</p> <p><u>Mini Assessment</u></p> <p>Adapt a recipe completed to suit a given specific dietary need, plan, prepare, cook and cost.</p>
				<p><b><u>Unit Awards</u></b></p> <p><b>Pre-entry level:</b> Baking Cakes and Biscuits with support</p> <p><b>Entry level:</b> Food Hygiene and Safety Whilst Cooking</p> <p><b>Level 1:</b> Food Hygiene and Safety Whilst Cooking</p> <p><b>Level 2:</b> Food Hygiene and Safety</p>	<p><b><u>Unit Awards</u></b></p> <p><b>Pre-entry level:</b> Baking Cakes and Biscuits with support</p> <p><b>Entry level:</b> Food Hygiene and Safety Whilst Cooking</p> <p><b>Level 1:</b> Food Hygiene and Safety Whilst Cooking</p> <p><b>Level 2:</b> Food Hygiene and Safety</p>
<b>Autumn B</b>	<p>Food commodities</p> <p>Stretching basic skills with more challenging practical dishes.</p>	<p>Baking skills and techniques</p> <p>Function of protein</p> <p>Function of eggs</p> <p>Seasonality</p> <p>Challenging practical dishes</p>	<p>Cost and compare</p> <p>Special dietary needs</p> <p>Modifying dishes</p> <p>Challenging practical dishes</p>	<p><b>GCSE Pathway</b></p> <p>Nutrition and Health Energy needs, Nutritional Analysis</p> <p>Balanced diet, Dietary related health</p>	<p><b>GCSE Pathway</b></p> <p>Students to continue with the NEA 1 started term 1</p> <p>Complete NEA 1</p>
				<p><b>BTEC Home cooking Skills/ Open Awards</b></p> <p><b>Units L1</b></p>	<p><b>BTEC Home cooking Skills/ Open Awards</b></p> <p><b>Units L2</b></p> <p><u>Topic: Food miles, growing your own,</u></p>

				<u>Topic: Equipment and Cooking Methods</u> Equipment knowledge Cooking methods Evaluation skills	<u>fair trade &amp; Seasonality</u> What foods are best at different times of the year Food provenance – where does your food come from? Buying local and what the benefits of this are on costs and personal choice.
				<u>Unit Awards</u> <b>Pre-entry level:</b> Hygiene Around Food <b>Entry level: Basic</b> Food Hygiene <b>Level 1:</b> Food Hygiene Skills <b>Level 2:</b> Brunch and Breakfast	<u>Unit Awards</u> <b>Pre-entry level:</b> Hygiene Around Food <b>Entry level: Basic</b> Food Hygiene <b>Level 1:</b> Food Hygiene Skills <b>Level 2:</b> Brunch and Breakfast
<b>Spring A</b>	Introducing practical dishes with further challenge to build on skills taught Sensory Evaluation	Micronutrients Gelatinisation Adapting recipes Alternative ingredients Challenging practical dishes	Macro/micro nutrients Consumer awareness Labelling Challenging practical dishes	<b>GCSE Pathway</b> Functional and chemical Properties of foods, Food Science, Cooking methods Heat transfer	<b>GCSE Pathway</b> Introduction to NEA 2, Students to choose the question, undertake research plan and practice dishes. .
				<b>BTEC Home cooking Skills/ Open Awards Units L1</b>	<b>BTEC Home cooking Skills/ Open Awards Units L2</b>

				<p>Topic: Nutrition and Dietary needs Healthy living Eat Well Guide Different diets <u>Mini Assessment</u> Adapt a recipe completed to suit a given specific dietary need.</p>	<p><u>Topic: Home Made or Take Away</u> Comparison of take away and home cooked foods inc. Ready meals. Looking at different ingredients and salt/sugar content. Which is cheaper? Use of Cooker; grill &amp; oven. <u>Mini assessment</u> Create a healthy 'fakeaway', plan, prepare, cook and cost.</p>
				<p><b><u>Unit Awards</u></b> <b>Pre-entry level:</b> Using an Oven Independently <b>Entry level:</b> Safety in the Kitchen <b>Level 1:</b> Safety and Hygiene Awareness in the Kitchen <b>Level 2:</b> Creating Confectionary</p>	<p><b><u>Unit Awards</u></b> <b>Pre-entry level:</b> Using an Oven Independently <b>Entry level:</b> Safety in the Kitchen <b>Level 1:</b> Safety and Hygiene Awareness in the Kitchen <b>Level 2:</b> Creating Confectionary</p>
<b>Spring B</b>	Nutrition and energy Food choices Costing and planning	Food choice Dietary requirements Modifying recipes	Characteristics of ingredients Cooking methods	<b>GCSE Pathway</b> Food Safety, Food Spoilage Storage, Bacteria	<b>GCSE Pathway</b> Continue with NEA 2 Complete 3 dishes within 3

	Challenging practical dishes	Challenging practical dishes	Challenging practical dishes	Preparing, cooking and serving food	hours then evaluate, cost nutritionally analyse and conclude Complete NEA 2
				<b>BTEC Home cooking Skills/ Open Awards Units L1</b> <u>Topic: Food Provenance</u> Food processing Seasonal foods Staple foods	<b>BTEC Home cooking Skills/ Open Awards Units L2</b> <u>Topic: Staple foods and cuisine</u> Store cupboard ingredients Staple foods Research project- Cuisines from around the world. <u>Mini assessment</u> Create meals from chosen cuisine. Include staple food and store cupboard ingredients, plan, prepare, cook and cost.
				<u><b>Unit Awards</b></u> <b>Pre-entry level:</b> Using Basic Kitchen Utensils <b>Entry level:</b> Culinary Skills – Utensils <b>Level 1:</b> Using Kitchen Equipment Correctly and Safely	<u><b>Unit Awards</b></u> <b>Pre-entry level:</b> Using Basic Kitchen Utensils <b>Entry level:</b> Culinary Skills – Utensils <b>Level 1:</b> Using Kitchen Equipment Correctly and Safely

				<b>Level 2:</b> Planning and Cooking Healthy Meals on a Budget	<b>Level 2:</b> Planning and Cooking Healthy Meals on a Budget
<b>Summer A</b>	Food provenance Food Allergies and Intolerance Challenging practical dishes.	Carbohydrates Fibre Dough skills Food waste Challenging practical dishes	Food festival design task Recipe kit design task Produce nutritional profile, allergen information, consumer information Challenging practical dishes	<b>GCSE Pathway</b> Food Choices, Labelling, Marketing, British and international cuisines, Sensory evaluation	<b>GCSE Pathway</b> Recap learning from year 10 Exam preparation/Revision
				<b>BTEC Home cooking Skills/ Open Awards Units L1</b> <u>Topic: Home Made or Take Away</u> Comparison of take away and home cooked foods Inc. ready meals. Looking at different ingredients and salt/sugar content. Which is cheaper? <u>Mini assessment</u> Create a healthy 'fakeaway'	<b>BTEC Home cooking Skills/ Open Awards Units L2</b> <u>Topic: Presentation</u> Food trends Food styling and presentation Garnishes Plating up
				<b>Unit Awards</b> <b>Pre-entry level:</b> Using an Air Fryer Independently <b>Entry level:</b> Using an Electric Hob <b>Level 1:</b>	<b>Unit Awards</b> <b>Pre-entry level:</b> Using an Air Fryer Independently <b>Entry level:</b> Using an Electric Hob <b>Level 1:</b>

				Using Cookery Skills to follow recipes <b>Level 2:</b> Running a Food Street Stall	Using Cookery Skills to follow recipes <b>Level 2:</b> Running a Food Street Stall
<b>Summer B</b>	Plan for assessment Practical assessment Knowledge assessment	Plan for assessment Practical assessment Knowledge assessment	Plan for assessment Practical assessment Knowledge assessment	<b>GCSE Pathway</b> Food Provenance, Environmental impact and sustainability, Food processing, Introduction of NEA , Mini NEA 2	<b>GCSE Pathway</b> Exam preparation Revision sessions
				<b>BTEC Home cooking Skills/ Open Awards Units L1</b> <u>Topic: Final dish preparations.</u> Assignment brief will be handed out Choose and follow recipes Demonstrate preparation and cooking skills Follow health, hygiene and safety procedures Evaluate recipes Share recipes	<b>BTEC Home cooking Skills/ Open Awards Units L2</b> <u>Topic: Final dish preparations.</u> Assignment brief will be handed out Time management Time planning Nutrition Food presentation Importance of telling others about home cooking Economising Information sharing.
				<b>Unit Awards</b> <b>Pre-entry level:</b> Food Hygiene and Safety	<b>Unit Awards</b> <b>Pre-entry level:</b> Food Hygiene and Safety

				Whilst Cooking With Support <b>Entry level:</b> Food Safety Basics <b>Level 1:</b> Baking Bread <b>Level 2:</b> Cooking Skills Unit 3	Whilst Cooking With Support <b>Entry level:</b> Food Safety Basics <b>Level 1:</b> Baking Bread <b>Level 2:</b> Cooking Skills Unit 3
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**Post 16 Options**

Long Stay Post 16 – Bespoke Open Award Accreditation - EL1 – L2 bespoke qualification pathways

BTEC Home Cooking Skills L1 and L2

Food Safety and Hygiene Certificate

Short admissions Unit Awards – Creative Cookery Skills for Life