



Key Stage 3 Curriculum Map Food Technology 2022-2023

	Autumn Half Term 1	Autumn Half Term 2	Spring Half Term 1	Spring Half Term 2	Summer Half Term 1	Summer Half Term 2
	Knowledge acquired					
Year 7	<p>Introduction to basic food hygiene and safety. Rules and routines of the room. Become familiar and be able to navigate the room safely. Organising own practical work area. Identify key equipment. Knife skills – using the bridge and claw. Using adaptive equipment.</p> <p>Baseline of practical skills</p> <p>Practical Fruit Salad</p>	<p>Introduction to healthy eating. Looking at vegetables.</p> <p>Introduction to accurate weighing and measuring. Using the talking scales. Transfer of ingredients.</p> <p>Using the hob.</p> <p>Develop further confidence with cutting methods.</p> <p>Introduction to baking. Rubbing in, mixing.</p> <p>Practical Tomato Soup</p>	<p>Healthy eating – looking at fruit. Seasonal fruit and vegetables.</p> <p>Selecting ingredients and equipment.</p> <p>Hygiene and Safety – washing up and bacteria in the environment.</p> <p>Using the hob. All in one sauce method.</p> <p>Pasta</p> <p>Practical Veg soup Ragu Mac & Cheese</p>	<p>Evaluating our work. Introduction to sensory evaluation.</p> <p>Revision of key skills. Assessment of key skills through practical work.</p> <p>Introduce using a recipe where appropriate – braille and large print.</p> <p>Practical Minestrone soup Fruity muffins Fruit scones</p>	<p>Develop Healthy eating. Eatwell plate. Nutrients – food and health. Hydration.</p> <p>Commodities – rice and potatoes.</p> <p>Develop using a recipe where appropriate – braille and large print.</p> <p>Practical Savoury rice Vegetable curry Spicy potato wedges.</p>	<p>Food provenance – understand where and how a variety of ingredients come from.</p> <p>Baking and cooking as celebration. Appreciate value of eating together with family and friends.</p> <p>Practical Shortbread Fairy cakes Krispie cakes</p>

Dippy Divers Pizza Toast Veg Pasta Salad	Rock cakes Xmas baking – biscuits				
Skills acquired					
<ul style="list-style-type: none"> ● Getting ready to cook – washing hands, cleaning work area, organisation skills, reading and following a recipe. ● Food preparation and cooking – bridge and claw knife skills, using a chopping board, combining ingredients, identifying equipment, using the oven, using a range of equipment, using the hob, weighing and measuring, rubbing in, whisking. ● Cleaning, washing up, drying up. 					
Key Assessments taking place					
<ul style="list-style-type: none"> ● Autumn – baseline of practical skills - cutting, pouring, manipulating equip, using the oven, using taps and following routines. ● Spring – Assessment of practical skills. Sensory evaluation. ● Summer – Knowledge of nutrition. Assess development of key skills. 					

	Autumn Half Term 1	Autumn Half Term 2	Spring Half Term 1	Spring Half Term 2	Summer Half Term 1	Summer Half Term 2
	Knowledge acquired					
Year 8/9	<p>Revision of basic food hygiene and safety. Identify hazards and hazard prevention. Rules and routines of the room. Become familiar and be able to navigate the room safely. Organising own practical work area. Revision of practical skills. Writing an evaluation. Sauces – roux and all in one method. Cooking with meat. Cross contamination and safe cooking temp.</p>	<p>Revise Eatwell plate and the function of nutrients. Sources of nutrients. Healthy eating choices. Celebration baking – Christmas winter festival food traditions from different cultures. Understand different food cultures. Practical Fruit crumble Xmas baking – chocolate log, Caribbean dishes.</p>	<p>Explore Italian food traditions. Making pasta. How to test food is cooked. Assembling a more complex dish. Practical Soup Spaghetti Bol Lasagne (over 2 lessons)</p>	<p>Food from other cultures. Using the hob for multiple pans safely. Intro to stir frying. Selecting own ingredients. Practical Stir fry x 2</p>	<p>Understand food labelling and production e.g organic, fair trade, free range etc. Introduction to food processing and factory production. Begin to produce more complex dishes applying skills. Practical Chicken/Quorn Pie Tuna & Sweetcorn Bake Chilli</p>	<p>Revise Commodities – rice and potatoes. Look at other cereal crops. Function of ingredients. Practical Potato curry Risotto Cake experiment.</p>

	Introduction to food labelling – traffic lights.					
	Practical Pizza (using bases) Macaroni Cheese Burgers Chicken fajitas					
	Skills acquired					
	<p>Constructive evaluation of own practical skills. Constructive evaluation of own product. A variety of cooking methods/ preparation skills – roux, all in one, assembling, frying, stir frying, baking, rubbing in, choosing own ingredients, cutting skills.</p>					
	Key Assessments taking place					
<p>Practical elements being continually assessed and evaluated. Technical and specialist language. Identifying and naming of equipment.</p>						