

## Food Technology Long Term planning 2021-22

### KS3

TERM 1 AND TERM 2 ( T1 & T2 rotation) Food introduction/basic skills	TERM 3 AND TERM 4 Multicultural veg and fruit dishes	TERM 5 AND TERM 6 Healthy cooking
<ul style="list-style-type: none"> <li>• Introduction to Food Technology</li> <li>• Kitchen hygiene.</li> <li>• Cross contamination and food poisoning.</li> <li>• Food storage</li> <li>• Following recipes and copying demonstrations</li> <li>• Nutritional value of fruit and vegetables</li> <li>• Developing basic food skills, peeling, chopping, grating, slicing, spreading, coring, baking</li> <li>• Rubbing in method</li> <li>• Using basic kitchen equipment including graters, knives and holds, kettle, grill</li> <li>• Classification of vegetables.</li> <li>• Correct use of chopping boards</li> <li>• Weighing and measuring</li> <li>• Washing up</li> <li>• Use oven gloves</li> <li>• Prepare work stations</li> <li>• Use of scales</li> <li>• <b>Recipes include Fruit salad, Coleslaw, baked apple, apple crumble, date and apple cake, leek and potato soup</b></li> <li>• Simple evaluation</li> <li>• Where food comes from</li> </ul>	<ul style="list-style-type: none"> <li>• Learn how vegetables can be stored</li> <li>• Use of pulses in the diet</li> <li>• Vegetable fast foods</li> <li>• Vegetable dishes from around the world</li> <li>• Boiling</li> <li>• Simmering</li> <li>• Whisking</li> <li>• Blending</li> <li>• Folding in</li> <li>• Simple butter icing</li> <li>• Eatwell guide</li> <li>• Nets of boxes</li> <li>• Disassembly of products</li> <li>• Packaging / waste recycling</li> <li>• <b>Recipes include:, simple salad and dressing, rice salad, baked sandwiches, tuna pasta, Potato salad and Madeline fairy cakes, eves pudding</b></li> <li>• Xmas yule log</li> <li>• Introduction to specification</li> <li>• Design ideas</li> <li>• Seasonality</li> <li>• Peer assessment (EBI)</li> </ul>	<ul style="list-style-type: none"> <li>• Healthier cooking methods</li> <li>• Staple foods</li> <li>• Shortcrust pastry</li> <li>• All in one cake making</li> <li>• Use of electric</li> <li>• Special dietary needs</li> <li>• Simple breads</li> <li>• Kneading, proving, theory of yeast</li> <li>• Rolling out pastry</li> <li>• Stir frying/ use of wok</li> <li>• griddling</li> <li>• <b>Recipes include: savoury muffins, Noodle salad, stottie pizza, jam buns, sweet pepper Cous Cous, salsa, Humous, flat breads, pastry straws,</b></li> <li>• Food presentation techniques</li> <li>• Evaluation</li> <li>• Minimise waste of food e.g composting</li> </ul>
Learning outcomes from DT progression framework	Learning outcomes from DT progression framework	Learning outcomes from DT progression framework
C1,C2,C3,C4, C15, C17, C21, C22, C28, C32,C33, C35, C40, C46,C47, C48, C50, C52, C53, C54,C55, C56, C57	B1, B9, C5,C7,C8,C9,C11,C12, C13, C17, C18, C21, 26, C27, C28, C29, C30, C31, C32, C34, C37, C40, C50, C51, C52, C58, C59, C60, C61, C62, C63, C64, C65, C66	B1, C2,C3C4, C6,C14, C17, C21, C22, C23,C25, C28, C32, C35,C40, C44, C45, C49,C50,C52, C61, C66

## YEAR 8 &9

TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
<b><u>Healthy foods</u></b> <ul style="list-style-type: none"> <li>Review hygiene and safety. Hygiene in food industry.</li> <li>Reinforce basic skills and understand how appearance plays a major part on what people eat</li> <li>Healthy and unhealthy foods</li> <li>The influence of foods from other countries Focus on Greek</li> <li>Cooking with cheap cuts of meat</li> <li>Foods from around the world</li> <li>Importance of food presentation</li> <li>Using the oven</li> <li><b>Recipes include:</b> layered fruit dessert, veggie potato salad, rainbow coleslaw, deli kebabs, crafty Koftas, Moroccan Cous Cous, super noodle salad</li> </ul>	<b><u>Fresh vs convenience</u></b> <ul style="list-style-type: none"> <li>Use of convenience foods</li> <li>Bread making skills</li> <li>Handling meats</li> <li>Knowing when meats are cooked</li> <li>Grains and staples from around the world</li> <li>Weighing and measuring</li> <li>Kitchen preparation</li> <li>Shallow frying</li> <li>Emulsifying/dressings</li> </ul> <p><b>Recipes include:</b> French bread pizza, garlic dough balls, Baked Falafel with tzatziki, Mexican Quesadillas, Quinoa, feta, pea and mint salad with lemon and chilli, savoury rice, Caesar salad</p> <ul style="list-style-type: none"> <li>Develop design ideas with sketches</li> <li>10 point specification</li> </ul>	<b><u>Meals on a budget</u></b> <ul style="list-style-type: none"> <li>Sauce making- roux and all in one</li> <li>Economising with foods</li> <li>Knowing when food is fresh</li> <li>Storing foods</li> <li>Using up leftovers and making a cheap economical dish.</li> </ul> <p><b>Recipes include:</b> Egg fried rice, Chinese rice, potato and cheese bake, Spaghetti carbonara, macaroni cheese, pasta and meatballs, Mediterranean pasta bake, Xmas yule log</p> <ul style="list-style-type: none"> <li>Time planning</li> <li>Famous chefs</li> </ul>	<b><u>A taste of Italy</u></b> <ul style="list-style-type: none"> <li>Sweet and savoury differences</li> <li>Know the value of carbohydrates</li> <li>Italian cookery</li> <li>Understand why and how to eat less sugar and use leftovers</li> <li>Boiling</li> <li>Simmering</li> <li>Using hand blender</li> <li>Use of fibre and why it is needed in the diet</li> <li>Understand why and how to eat less fat.</li> <li>Unusual soups</li> <li>Muffins versatility</li> </ul> <p><b>Recipes include:</b> Blue berry and lemon croissant bake, sundried tomato and cheese muffins, marbled muffins, crunchy muffins, corn soup, exotic veg soup</p>	<b><u>Pastry 1</u></b> <ul style="list-style-type: none"> <li>Shortcrust pastry skills</li> <li>Rolling out using greaseproof</li> <li>Lattice pastry skills</li> <li>Using stencil cutters</li> <li>Filo pastry skills</li> <li>Separating eggs</li> <li>Custard making</li> <li>Readymade products</li> <li>Combining fruit flavours</li> </ul> <p><b>Recipes include:</b> Sausage rolls, Custard tarts, Mediterranean tarts, apple pies, blackberry and apple tarts, vegetable spring rolls, mini quiche</p> <ul style="list-style-type: none"> <li>Risk assessment of recipes</li> </ul>	<b><u>Pastry 2</u></b> <ul style="list-style-type: none"> <li>Puff pastry skills</li> <li>Suet pastry skills</li> <li>Recap bread skills- breads from around the world</li> <li>Bread shaping</li> <li>Use of left over bread/cake</li> <li></li> <li>desserts</li> </ul> <p><b>Recipes include:</b> fruit wind mills, bread buns, Soda bread, Potato bread, Naan bread, pitta breads, Jam Roly poly, Bread and butter pudding, bread pudding</p> <ul style="list-style-type: none"> <li>shelf life</li> </ul>
Learning outcomes from DT progression framework		Learning outcomes from DT progression framework		Learning outcomes from DT progression framework	
C1,C2,C3,C4, C5, C8, C9, C11, C17, C21, C26, C28, C30, C31, C38, C39,		C1, C2, C3, C4, C5,C7,C10, C12, C13, C14, C15, C17, C20, C21, C22, C29, C40, C41, C42, C59		C1,C2,C3,C4,C5,C6,C16, C17, C18, C19,C20, C23, C24, C25, C27. C29, C43, C44, C45, C58, C61,C61	

## KS4 BTEC LEVEL 2

TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
<ul style="list-style-type: none"> <li>Balanced meals</li> <li>Boiling</li> <li>Enrobing</li> <li>Frying deep/shallow</li> <li>Poaching</li> <li>Ways of cooking eggs</li> <li>Emulsifying skill</li> <li>Handling eggs</li> <li>Handling egg dangers</li> <li>Types and variety of eggs</li> <li>Sharing knowledge with peers and family</li> <li>kitchen basics: what equipment you need and the best way to stock your store cupboard, fridge and freezer</li> <li>food safety and hygiene: knife safety, fridge management and rotation</li> <li>how to shop cleverly: shopping lists, seasonal food and planning ahead</li> <li>preparing ingredients and understanding confusing food labels</li> </ul> <p><b>Recipes include: Scotch eggs, lemon meringue, swiss roll, mayonnaise, eggs benedict, egg and bacon roll ups,</b></p>	<ul style="list-style-type: none"> <li>Types of fish- oily and white</li> <li>Nutritional value of fish</li> <li>Marzipan a cake</li> <li>Icing a cake</li> <li>Using royal icing</li> <li>pipng</li> <li>Food presentation</li> <li>Garnishing</li> <li>Economising</li> <li>Cooking methods and advantages of each</li> <li>Filleting a fish</li> </ul> <p><b>Recipes include: Tuna and mushroom spaghetti fish gourjons</b></p> <p><u><b>Desserts</b></u></p> <p><b>Recipes include: Tarte de Normandy, Treacle tarts, Christmas cake</b></p>	<ul style="list-style-type: none"> <li>Mince cookery</li> <li>Plan assessment for 2 course meal</li> <li>Practice chosen recipes x 2</li> <li>Menu planning</li> <li>Practical exam</li> <li>Time management</li> <li>Piping</li> <li>Grilling</li> <li>Adapt and change recipes</li> <li>Pasta making</li> <li>Types of cheee</li> </ul> <p><b>Recipes include: beef Enchiladas, cannelloni, cottage pie, stuffed peppers, croque monsieur, ricotta, ravioli and sage butter</b></p>	<ul style="list-style-type: none"> <li>Vegetable and chicken cookery</li> <li>Cuts of chicken</li> <li>Healthy cuts</li> <li>To know how to make a substantial pasta dish, adding vegetables.</li> <li>Knowing how to cook the chicken properly.</li> <li>Seasonality</li> <li>Using a mandolin</li> <li>Rice safety</li> <li>Boiling</li> <li>Frying</li> <li>Blanching</li> <li>roasting</li> </ul> <p><b>Recipes include: Chicken rigatoni, chicken Biriani, spicy wedges, French baked potatoes, Leek Gratin, roasted root vegetables</b></p>	<ul style="list-style-type: none"> <li>Pudding cookery</li> <li>pickling</li> </ul> <p><b>Recipes include: Lemon curd bread and butter pudding, tart de Tatin, maids of honour, marble cake, piccalilli, tomato and onion relish</b></p>	<ul style="list-style-type: none"> <li>Baked potatoes</li> <li>Variety of fillings</li> <li>Recipe research</li> <li>Plan own dishes</li> </ul>

## ASSESSMENT CRITERIA

- 1.1. plan a nutritious two-course meal
- 2.1 select and prepare ingredients for recipes for a nutritious, two course meal
- 2.2 use cooking skills when following the recipe
- 2.3 demonstrate food safety and hygiene throughout the preparation and cooking process
- 2.4 apply presentation skills when serving the meal
- 3.1 explain ways to economise when cooking at home
- 4.1 identify ways information about cooking meals at home from scratch has been passed on to others

## KS4 BTEC LEVEL 1

TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
<ul style="list-style-type: none"> <li>Balanced meals</li> <li>Boiling</li> <li>Weighing</li> <li>Measuring</li> <li>Hygiene and safety</li> <li>Shallow FRYING</li> <li>Poaching</li> <li>Ways of cooking eggs</li> <li>Handling eggs</li> <li>Handling egg dangers</li> <li>Types and variety of eggs</li> <li>Sharing knowledge with peers and family</li> <li>kitchen basics: what equipment you need and the best way to stock your store cupboard, fridge and freezer</li> <li>knife safety,</li> <li>fridge storage</li> </ul>	<ul style="list-style-type: none"> <li>beating</li> <li>whisking</li> <li>tasting</li> <li>testing</li> <li>baking</li> <li>Nutrition of fruit</li> <li>Icing a cake</li> <li>Using royal icing</li> <li>Piping</li> <li>Storing foods</li> <li>Food presentation</li> <li>Garnishing</li> <li>costing</li> <li>Cooking methods and advantages of each</li> <li>pastry</li> </ul> <p><b>Recipes include:</b></p> <ul style="list-style-type: none"> <li>on toast recipes</li> <li>Christmas cake</li> <li>Crumble</li> <li>Fruit brulee</li> </ul>	<ul style="list-style-type: none"> <li>Mince / meat cookery</li> <li>Piping</li> <li>Grilling</li> <li>Adapt and change recipes</li> <li>Pasta</li> </ul> <p><b>Plan assessment for 1 course meal</b></p> <p><b>Practice chosen recipes - main meal dish</b></p> <p><b>Menu planning</b></p> <p><b>Practical exam</b></p> <p><b>Time management</b></p> <p><b>Recipes include:</b></p> <ul style="list-style-type: none"> <li>cottage pie</li> <li>lasagne</li> <li>bolognaise</li> <li>spaghetti</li> <li>moussaka</li> <li>casseroles</li> </ul>	<ul style="list-style-type: none"> <li>chicken cookery</li> <li>types of pasta and uses</li> <li>Knowing how to cook the chicken properly.</li> <li>Seasonality</li> <li>Blanching</li> <li>Roasting</li> <li>Soups</li> <li>fish</li> </ul> <p><b>Recipes include:</b></p> <ul style="list-style-type: none"> <li>Pesto</li> <li>Ravioli</li> <li>minestrone soup</li> <li>Tomato soup</li> <li>Leek and potato</li> <li>Fish cakes</li> <li>Fish pie</li> </ul>	<ul style="list-style-type: none"> <li>Pudding</li> <li>cookery</li> <li>Types of bread and methods of making</li> <li>Knocking, proving</li> </ul> <p><b>Recipes include:</b></p> <ul style="list-style-type: none"> <li>bread rolls</li> <li>Pizza</li> <li>Focaccia</li> <li>naan</li> <li>Sumer pudding</li> <li>Bread sticks</li> <li>Chocolate brownies</li> </ul>	<ul style="list-style-type: none"> <li>Types of potatoes and uses</li> <li>Variety of fillings</li> <li>Recipe research</li> <li>Plan own dishes</li> <li>Vegetable cookery</li> </ul> <p><b>Recipes include:</b></p> <ul style="list-style-type: none"> <li>Roast potatoes</li> <li>Dauphinoise</li> <li>Rosti</li> <li>Spicy wedges and salsa</li> <li>Honey roasted carrots</li> <li>Leeks gratin</li> </ul>

<ul style="list-style-type: none"> <li>• visual food checks for freshness</li> <li>• preparing ingredients</li> </ul> <b>Recipes include:</b> <ul style="list-style-type: none"> <li>• boiled, poached,</li> <li>• omelette,</li> <li>• scrambled eggs</li> <li>• eggs in the basket</li> <li>• porridge and compote</li> </ul>	<ul style="list-style-type: none"> <li>• Trifle</li> <li>• pies</li> </ul>				
<b>ASSESSMENT CRITERIA</b>					
1.1 Select and prepare ingredients for a recipe 1.2 Use cooking skills when following a recipe 1.3 demonstrate food safety and hygiene throughout the preparation and cooking process 2.1 Reflect on own learning about the value of gaining cooking skills 2.2 Identify ways to pass on information about home cooking					