

FOOD TECHNOLOGY SECONDARY

CURRICULUM MAP

TRIAL EXAMS

FURTHER STUDY

- COLLEGE, SIXTH FORM, SUPPORT CENTRES, RESTAURANTS, CAFES

CAREER PATHS

- CHEF, BAKER, BUTCHER, FOOD ENGINEER, FOOD PROCESSING, FOOD SAFETY, AGRICULTURE, CATERING MANAGER, FOOD FACTORY WORKER.

SKILLS

- BEING ABLE TO COOK HEALTHY MEALS FOR SELF AND FAMILY.
- CULINARY TECHNIQUES, BUDGETING, KEEPING HEALTHY, FOOD PREPARATION, COOKING METHODS

Personal

- Health both physical and mental. Hygiene.

Side dishes

Topics

- Using a mandolin
- Use of Food probes
- Deep frying

2.3 – DEMONSTRATE FOOD SAFETY AND HYGIENE
2.4 – APPLY PRESENTATION SKILLS WHEN SERVING A MEAL

Assessment task

- 2 practice for practical exam
- Final 2 course meal

3.1 – EXPLAIN WAYS TO ECONOMISE WHEN COOKING AT HOME

4.1 – IDENTIFY WAYS INFORMATION ABOUT COOKING MEALS AT HOME FROM SCRATCH AND HOW PASSED ON



2.2- USE COOKING SKILLS WHEN FOLLOWING A RECIPE

Topics:

- Planning
- Sharing recipes
- Following recipes independently

Topics

ECONOMISING

- Fish cookery, Combining vegetables with mince
- Vegetable cookery, Boning chicken
- Desserts, Use of own brand ingredients
- Freezing dishes and ingredients

2.1 PREPARE, COOK AND PRESENT DISHES USING BASIC INGREDIENT

1.1- PLAN A NUTRITIOUS 2 COURSE MEAL

- TOPICS
- STEP BY STEP PLANNING
 - TIMING OF PREPARING DISHES
 - TIMING OF COOKING DISHES

Know HOW TO PREPARE A NUTRITIOUS MEAL FROM SCRATCH.



2.1 Reflect on own learning about the value of gaining cooking skills

- Topics:
- Planning
 - Sharing recipes
 - Meat
 - Following recipes independently

2.2 Identify ways to pass on information about home cooking

Topics

- Plan a 2 course meal
- Prepare and cook 2 meals
- Plan the meals to fit into the eat well plate

YEAR 11

INTRO TO LEVEL 2 HOME COOKING SKILLS

- Topics:
- Balanced meals
 - Eat-well plate
 - Advanced egg cookery
 - soups

Know what diversity in society is

HEALTH AND SAFETY

1.3 demonstrate food safety and hygiene throughout the preparation and cooking processes

Topics:

- Quick meals
- Chicken
- Soups
- Bread,

1.1 use cooking skills to follow a recipe

- Topics:
- Breakfasts
 - Egg cookery, Sandwiches
 - Mince, Simple fish cookery

YEAR 10

Breads and complex pastry

LIST OF TOPICS:

- Filo pastry
- Suet pastry
- Flaky pastry

Meals on a budget

LIST OF TOPICS:

- Bulking out recipes
- Cheap meats

Know about types of chicken and eggs, how to use staple ingredients



Simple pastry



YEAR 8

YEAR 9

REVIEW HYGIENE AND SAFETY

- LIST OF TOPICS:
- RICE COOKERY
 - PASTA COOKERY
 - LABOUR SAVING EQUIPMENT

Convenience foods

- LIST OF TOPICS:
- TINNED FOODS
 - Packet ingredients
 - USE OF LEFT OVERS
 - MULTICULTURAL FOODS

Fruit and vegetables

- LIST OF TOPICS:
- Types of fruit
 - Types of vegetables
 - Combining ingredients

LIST OF TOPICS:

- SHORTCRUST RECIPES
- PUFF PASTRY RECIPES

HEALTHY COOKING METHODS

- LIST OF TOPICS:
- BOILING
 - SIMMERING
 - GRILLING
 - BAKING
 - GRIDDLING

Vegetable cookery

- LIST OF TOPICS:
- USING A KNIFE SAFELY
 - PEELING
 - CHOPPING
 - DICING
 - SLICING
 - VEGETARIANS

INTRODUCTION TO FOOD TECHNOLOGY

- LIST OF TOPICS:
- HYGIENE & SAFETY, HAZARD AWARENESS
 - KNIFE SKILLS
 - USING CHOPPING BOARDS
 - WHERE FOOD COMES FROM

YEAR 7



Know the relative costs of some common lifestyle expenses and how to pay for them

Core Theme

MAKING PRODUCTS WORK, FOOD PREPARATION

Core Theme

COOKING AND NUTRITION

Core Theme

PRACTICAL SKILLS AND TECHNIQUE,

Core Theme

OWN IDEAS AND PRODUCTS, WHERE FOOD COMES FROM