

<b>Subject: Food Technology. Family Favourites</b>	
<b>Year: 9</b>	
<b>Technical knowledge</b>	<b>Practical</b>
1. Health and Safety – wheat and raising agents	Focaccia – bread, fermentation, raising agents, accompaniments
2. Demo – cake making Swiss roll	Swiss roll – whisking method for sponge, aeration, folding, weigh and measure, presentation, preservation
3. Types of pastry – equipment uses	Pasties – hand held savoury product, rolling, shaping, grating, knife skills, folding, glazing, baking
4. Preservation – fruits, farm to fork	Lemon and blueberry crumble muffins – creaming and rubbing in method. Combination of methods
5. Cake making skills – skills in cooking	Chicken goujons – handling raw meat, high risk foods, bread making, proving, shaping, baking, panne technique
6. Chicken welfare	Honey chilli chicken – marinades and seasoning, cross contamination, adding accompaniments
7. Assessment preparation – what is a time plan? Taste test.	Curry and raita – high risk foods, chicken preparation, fine knife skills, frying, simmering, reducing, adding accompaniments
8. Science experiment – research, sensory analysis	Weigh and measure ingredients science task
9. Plan tests – hypothesis – make pastry and freeze Preparation for assessment – ingredients and equipment	Savoury assessment - Science of pastry – fats in pastry, why it is there and what qualities do they have.
10. Accompaniments and vitamins	Meatballs – handling raw meat, seasoning, shaping, fine knife skills, frying, simmering, blended sauces, Making a full meal
11. Pasta – carbohydrates – pasta making and freezing	Pasta making, shaping and cooking
12. Accompaniments and vitamins	Doughballs - bread and dough mix, stuff, fill, coat, bake. To accompany meatballs.
13. How can a teenager stay healthy?	Sweet assessment and evaluations

*Ludus Admirandus*