

HOPE HIGH FOOD TECHNOLOGY LEARNING JOURNEY



YEAR 11

Understanding of nutrition

Pupils to explore sourcing of foods
Pupils will understand nutritional needs of certain groups

Menu planning

Know the factors to consider when planning menus

Explore how dishes meet needs

Pupils to explore Vegetarian, vegan dishes; dairy free, gluten free; low fat diets

REVISION AND COMMUNICATION

SHOW THAT.....

Pupils will examine nutritional benefits and value
Examine differing flavours and the outcomes on certain dishes

Be aware of the needs of different people when planning

Examine the function of nutrients

Examine healthy school meals

Explore how different establishments meet needs

Revise key facts

Revise key skills



Reviewing and tasting

Presentation techniques and accompaniments for a range of dishes

Pupils show understanding the key elements of certain dishes

Pupils can discuss the presentation of food

Pupils can discuss the sourcing of ingredients

Use of the hob (boiling, simmering), decorating piping

All pupils will be able to weigh and measure accurately

Presentation of food

Practising cooking skills

Cooking activities

Food preparation

Safety and hygiene

YEAR 10

Explore a range of different ingredients

Looking at different methods of presentation

Pupils can cook ensuring food meets specific requirements

Pupils can discuss the effects of method of cookery

Prioritising tasks to meet timings and deadlines

Pupils will demonstrate Knife skills grating chilling and decoration skills

Pupils will understand the importance of Ingredient preparation

Pupils will understand the source, seasonality and characteristics of a broad range of ingredients. E.g. Organic



All pupils will work safely and hygienically throughout all sessions

Pupils will compare ingredients based on taste, calorie content and nutritional value.

Pupils will independently list and select the equipment needed to make a range of meals.

Pupils will be able to create a plan for a 2 course meal. They will generate their own methods

Pupils will be able to critically evaluate their dishes and suggest improvements.

Health, Safety and hygiene

Design

Using Equipment

Preparation of dishes

Cooking Skills

Nutrition and Health

YEAR 9

Pupils will design an affordable 2 course meal for their family

Pupils will be able to cook a range of savoury and sweet dishes independently, carrying out taste tests and adapt the ingredients as needed.

Pupils will be able to independently select ingredients and accurately weigh them out.

Some Pupils will begin to suggest alternatives to the given recipe. E.g. Change the topping or the filling to a dish.

Pupils will be able to select the equipment needed from a given list rather than teacher demonstration

Most Pupils will be able to independently tidy up their work area to a clean safe standard. Some will still need support



Nutrition and Health

Cooking Skills

Preparation of dishes

Design

Using Equipment

Health, Safety and hygiene

YEAR 8

Students will be able to work out how many calories are in certain foods and how long this takes for our body to burn off.

Most Pupils will be independently able to follow a method sheet with minimal support.

Some Pupils will begin to plan the sequence of operations and independently select the equipment they need

With Support, Pupils will be able to select the correct ingredients needed and weigh them out accurately using scales

Pupils will be able to independently use the Hob, Oven and Microwave safely and set the correct temperature and timings.

Pupils will be able to independently set themselves up ready for a cooking session

Pupils will be able to, with support, tidy up their work area to a clean safe standard

Pupils will know the consequences of cross contamination and describe the different chopping boards.

Pupils will be able to use a range of cooking Utensils to prepare dishes – including the safe methods of cutting using Knives.



With Support, Pupils will be able to cook a range of savoury and sweet dishes.

Students will have a basic understanding of how different food types can effect our bodies.



Health, Safety and hygiene

Using Equipment

Preparation of dishes

Cooking Skills

Nutrition and Health

Pupils will describe the importance of Personal Hygiene. Washing of hands, hair tied back, aprons etc.

With Support, Pupils will be able to use the Hob, Oven and Microwave safely and accurately

With Support, Pupils will be able to organize their work area with the correct utensils needed for the dish they are doing.

Pupils will be able to follow teacher demonstration when cooking dishes. Towards the end of the year some students will work more independently by following a method.

Students will develop an understanding of the different areas of the eatwell plate

YEAR 7

Year 6 Transition. Students will be invited to take part in cooking sessions in Food Technology to develop confidence before they start.



“Let food be thy medicine and medicine be thy food.” — Hippocrates