

Yearly Overview Food Technology 26/27

	Autumn 1	<i>Why are you delivering this topic at this time of year?</i>	Autumn 2	<i>Why are you delivering this topic at this time of year?</i>	Spring 1	<i>Why are you delivering this topic at this time of year?</i>	Spring 2	<i>Why are you delivering this topic at this time of year?</i>	Summer 1	<i>Why are you delivering this topic at this time of year?</i>	Summer 2	<i>Why are you delivering this topic at this time of year?</i>
Yr 7	Kitchen equipment and uses	Students need to recognise and safely use basic kitchen equipment before completing any practical food preparation tasks.	Food Safety and hygiene	Students build on their understanding of equipment by learning how to work safely and hygienically in a food preparation environment.	Healthy Eating and Nutrition	Once students understand kitchen safety, they can begin making informed food choices and learn about the principles of a balanced diet.	Food Preparation Skills	Students apply their knowledge of nutrition through developing core practical food preparation skills and techniques.	Multicultural Foods	Students use their growing practical skills to explore foods, ingredients and cooking traditions from different cultures around the world.	Food Science	Students investigate the science behind cooking and food preparation using skills developed throughout the year.
Yr 8	Staying Safe in the Kitchen	Learners begin by understanding kitchen rules, hygiene and safe working practices. This creates	Using Equipment and Preparing Food	Once learners understand safety, they can develop confidence using basic	Healthy Eating and Nutrition	Learners explore the basics of healthy eating and food groups so they can make	Improving Cooking Skills	This term focuses on a wider range of practical skills and cooking methods, allowing	Planning and Making Meals	Learners use their knowledge of nutrition and cooking skills to plan and prepare	Evaluating and Improving Food Products	At the end of the year, learners reflect on their practical work, evaluate finished

		a safe foundation for all future practical lessons.		equipment and learning key preparation skills such as chopping, peeling and measuring.		informed choices when cooking and planning meals.		learners to become more independent in the kitchen.		simple meals for different occasions.		dishes and suggest improvements, helping them become more thoughtful and confident cooks.
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Yr 9	Kitchen Equipment and Food Preparation Skills	This topic is taught at the beginning of the academic year to establish essential practical skills, kitchen routines and safe working practices that learners will use throughout the Food Technology curriculum.	Food Safety and Hygiene	This topic is delivered early in the year so learners can apply safe food handling, storage and hygiene practices confidently during all practical lessons.	Healthy Eating and Nutrition	This topic is taught once learners have developed basic practical skills, enabling them to make informed decisions about food choices and understand the relationship between diet and health.	Food Preparation and Practical Skills	This topic builds on learning from the autumn and spring terms, allowing learners to refine their techniques and become more independent when preparing and cooking food.	International Cuisine and Food Culture	This topic broadens learners' understanding of food from different cultures and helps them appreciate the diversity of ingredients, traditions and cooking methods used around the world.	Food Science and Product Development	This topic is taught at the end of the year so learners can apply their knowledge and practical skills to food science investigations.

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Yr 10	Safe and Successful Cooking	Learners begin by developing essential kitchen safety, hygiene and food preparation skills. These foundations are necessary before undertaking more complex practical work and support confidence and independence in the kitchen.	Understanding Nutrition and Healthy Eating	Once learners can work safely, they explore principles of healthy eating, nutrition and the Eatwell Guide. This underpins future meal planning and recipe choices.	Nutrition and Healthy Eating	Learners apply their nutritional knowledge through a range of cooking methods and recipes. Practical skills are developed progressively to build competence and confidence.	Planning Nutritious Meals	At this stage learners are ready to design balanced meals, select ingredients and consider the needs of different individuals. This directly supports the planning requirements of the qualification.	Cooking on a Budget	Learners investigate economising when cooking at home, including budgeting, shopping wisely, reducing food waste, using leftovers and batch cooking. By this point they have sufficient knowledge of nutrition and meal planning to make informed financial decisions.	Independent Home Cooking and Sharing Skills	The final term focuses on learners planning, preparing and presenting meals for their final exam.

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Yr 11	Eating Well for a Healthy Life	Learners begin by exploring the fundamentals of healthy eating, including the Eatwell Guide, food groups and the importance of a balanced diet. This establishes the core knowledge needed for the rest of the qualification.	Nutrients, Hydration and Wellbeing	Once learners understand healthy eating, they can investigate how nutrients and water affect the body's physical and mental wellbeing. This builds directly on knowledge developed in Term 1.	Making Healthy Food Choices	At this stage, learners apply their nutritional knowledge to everyday food choices, considering labels, portions, snacks and lifestyle factors. This encourages independent decision-making and links theory to real-life situations.	Planning Healthy Diets for Different People	Learners are now ready to plan healthy diets for themselves and others, taking into account age, lifestyle and individual needs. This develops higher-level application skills and reflects Unit 02 of the qualification.	Food, Feelings and Eating Disorders	This topic is taught towards the end of the course because learners need a secure understanding of healthy nutrition before examining unhealthy relationships with food and eating disorders. The topic also requires maturity and sensitivity, which learners are more likely to demonstrate after several terms of study.