

## Yearly Overview Food Technology 25/26

Subject	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>
<b>Yr 10 + 11</b>	Preparing to Cook	This unit introduces students to the health and safety aspects of Cooking and how they need to prepare themselves and the environment before cooking.	Understanding Food	It allows students to learn about food groups and the different cooking methods. This unit follows on from students learning the health and safety requirements.	Exploring balanced diets.	Once students have an understanding of the different food groups and nutrients, they will explore the make-up of a balanced diet and how to maintain a healthy lifestyle.	Plan and produce dishes	Once students have an understanding of all previous units, they will be able to plan and produce a wide range of dishes.	Final Exam	Students will be preparing themselves using all of the skills and information they have gathered over the academic year to prepare themselves and cook their final dishes.		