



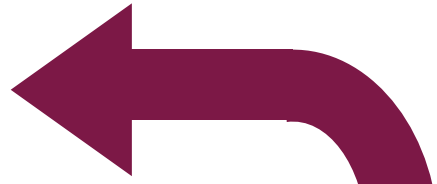
**Rayner Stephens**  
HIGH SCHOOL

**Curriculum**  
**Intent**  
*for*  
**Food Technology**

The aim of the food curriculum is to ensure that all students have the confidence and ability to cook nutritious, fresh meals and to prepare them for adult life. Students will understand the governments Healthy Eating Guidelines and will have a healthy relationship with food. Students will be confident enough to adapt recipes to give variety in the diet. They will achieve this by studying both theoretical knowledge and practical skills that combined will ensure a secure knowledge. Students will leave KS3 with the ability to prepare food, cook and know about presentation techniques. The KS3 curriculum will give students a secure knowledge of hygiene and safety and enable them to stay safe in any food environment.



# Food and Nutrition Learning Journey



YEAR  
**11**

Understanding the importance of nutrition

How cooking methods can impact on nutritional value

How to plan production

How to prepare and make dishes



Reviewing own performance

Reviewing of dishes

Preventative measures of food induced ill health

Factors affecting menu planning

Presentation techniques



Food safety practices

The EHO

Symptoms of food induced ill health

Health and Safety

Provision to meet specific requirements

Contributing factors to the success of the Hospitality and Catering industry



Working conditions in the Hospitality and Catering industry

Hospitality and Catering Providers



YEAR  
**10**



Food related causes of ill health

Food safety

Customer requirements in hospitality and catering

Operation of front and back of house

Working in the Hospitality and Catering industry

8 tips for healthy eating

Energy and energy balance

Energy needs

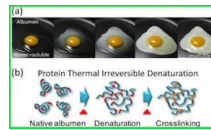
To evaluate food products, techniques and skills used

Eating habits and special diets

food science



Key nutrients, sources and functions



YEAR  
**9**



Cultural Food

High risk foods

Nutritional analysis

Complex dishes

Planning & Timing

Being creative and understanding presentation techniques

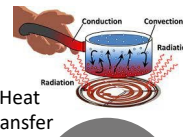


Dry/Wet Heat Methods

Bread theory



Heat transfer



YEAR  
**8**



Storing food safely

Bread making

Protein Practicals

Intro to food science

More complex dishes

What is the hospitality and catering industry?



Knife safety

Sauce making

Personal Hygiene



Weighing and measuring

YEAR  
**7**



Hygiene and Safety

Using the hob and oven



Eatwell Guide



Carbohydrates



Protein



Weighing and Measuring



Food Provenance



### Year 7 Curriculum Overview – Food Technology Rotation

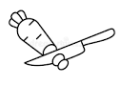






<b>Curriculum intent</b>	The aim of the food curriculum is to ensure that all students have the confidence and ability to cook nutritious, fresh meals and to prepare them for adult life. Students will understand the governments Healthy Eating Guidelines and will have a healthy relationship with food. Students will be confident enough to adapt recipes to give variety in the diet. They will achieve this by studying both theoretical knowledge and practical skills that combined will ensure a secure knowledge. Students will leave KS3 with the ability to prepare food, cook and know about presentation techniques. The KS3 curriculum will give students a secure knowledge of hygiene and safety and enable them to stay safe in any food environment. Year 7 will mainly focus on Food and Nutrition. Using the hob and the oven and showing competent use of knife techniques; including chopping, dicing, peeling and slicing techniques. Health and Food Safety practices will be followed.					
<b>Term</b>	<b>Autumn – Rotation 1</b>		<b>Spring – Rotation 2</b>		<b>Summer – Rotation 2</b>	
<b>Knowledge</b>	Students are introduced to the kitchen and are taught basic hygiene and safety practices. Students are taught the importance of washing up and how to do this effectively to limit cross contamination and pathogen growth. They are introduced to safe knife techniques and how to use the oven. Students are shown the hob and are encouraged to control their heat to cook efficiently and safely. The Eatwell Guide will be reintroduced to explore a healthy diet focusing on the Governments Healthy eating Guidelines.		Students are introduced to the kitchen and are taught basic hygiene and safety practices. Students are taught the importance of washing up and how to do this effectively to limit cross contamination and pathogen growth. They are introduced to safe knife techniques and how to use the oven. Students are shown the hob and are encouraged to control their heat to cook efficiently and safely. The Eatwell Guide will be reintroduced to explore a healthy diet focusing on the Governments Healthy eating Guidelines.		Students are introduced to the concept of starch gelatinisation, and this is put into practice with practical dishes. Students finish the year with both practical and written assessments. They have the opportunity to revise topics from the year and consolidate learning.	
<b>Skills</b>	<ul style="list-style-type: none"> <li>• Food Safety practices</li> <li>• Preparation techniques</li> <li>• Knife techniques</li> <li>• Cooking techniques</li> <li>• Presentation techniques</li> </ul>		<ul style="list-style-type: none"> <li>• Food Safety practices</li> <li>• Preparation techniques</li> <li>• Knife techniques</li> <li>• Cooking techniques</li> <li>• Presentation techniques</li> </ul>		<ul style="list-style-type: none"> <li>• Gelatinisation</li> <li>• Using the oven &amp; hob</li> <li>• Reduced sauces</li> <li>• Knife skills</li> </ul>	
<b>Assessment</b>	Practical assessment, ongoing theory assessments.		Practical assessment, ongoing theory assessments.		Practical assessment, ongoing theory assessments.	
<b>Enrichment</b>	Watch Great British Menu· Students will have an opportunity to cook a Halloween based cook in the after-school club.	Visit a farm shop/ garden centre. Students will have an opportunity to cook a Christmas based cook in the after-school club.	Watch Great British Bake off. Students will have an opportunity to cook based on National Pie Day in the after-school club.	Watch Food unwrapped. Students will have an opportunity to cook an Easter based cook in the after-school club.	Visit a restaurant that is not fast food. Students will have an opportunity to cook a Mother's day based cook in the after-school club.	Plan a week's meals for your family · Students will have an opportunity to cook a Father's day based cook in the after-school club.

## Year 7 Food Technology Autumn Term Knowledge Organiser

### Key Vocabulary: Nutrition

1	The Eatwell Guide	A healthy eating model showing the types and proportions of foods needed in the diet.
2	Hydration	The process of replacing water in the body.
3	Dietary Fibre	A type of carbohydrate found in plant foods.
4	Combination Food	Food made with ingredients from more than one food group.
5	Macronutrients	Nutrients needed to provide energy and as the building blocks for growth and maintenance of the body.
6	Micronutrients	Nutrients which are needed in the diet in very small amounts.
7	Energy	The power the body requires to stay alive and function.

### Key Vocabulary: Cooking

1	cut, slice and chop	
2	grate	
3	peel	
4	mix and combine	
5	use the grill	
6	use the hob	
7	use the oven	

### Key Vocabulary: The Eatwell Guide

1	The Eatwell Guide	
2	Fruit and vegetables.	
3	Potatoes, bread, rice, pasta or other starchy carbohydrates.	
4	Dairy and alternatives.	
5	Beans, pulses, fish, eggs, meat and other protein.	
6	Oil and spreads.	
7	Foods high fat, salt and sugar.	