



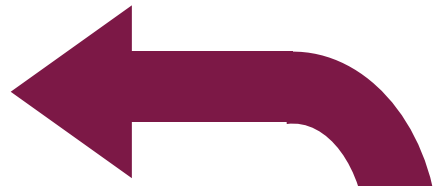
Rayner Stephens
HIGH SCHOOL

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

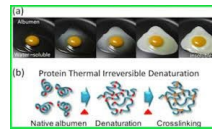
To evaluate food products, techniques and skills used

Eating habits and special diets

food science



Key nutrients, sources and functions



Energy and energy balance
Energy needs

YEAR
9



Cultural Food

High risk foods

Nutritional analysis

Complex dishes



Planning & Timing

Being creative and understanding presentation techniques

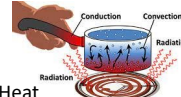


Dry/Wet Heat Methods

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 9 - Food

<p>Curriculum intent</p>	<p>Food and Nutrition: 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, regardless of KS4 and post 16 food education. Students will understand the governments Healthy Eating Guidelines and will have a healthy relationship with food. Students 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 cook using the hob and the oven. They will have the confidence to cook both reduced and starch-based sauces. They will show a competent use of a vegetable knife and will be able to make bread and shortcrust pastry from scratch. Students will be comfortable in cooking rice and pasta and confident enough to adapt recipes to give variety in the diet. The KS3 curriculum will give students a secure knowledge of hygiene and safety and enable them to stay safe in any food environment. Year 9 will mainly focus on Food Safety, Food Science and Dough making.</p>		
<p>Term</p>	<p align="center">Autumn - Rotation 1</p>	<p align="center">Spring - Rotation 2</p>	<p align="center">Summer - Rotation 2</p>
<p>Knowledge</p>	<p>Students will cover all aspects of hygiene and safety, recapping on year 8, food storage and the science behind heat transfer. Students will be able to explain how heat transfer changes within different cooking methods and the effects such methods have on the sensory attributes of food.</p> <p>Students will study the functions and scientific principles behind Bread production focusing on gluten development and fermentation. This will be tested in a final practical assessment. Students will discover the scientific principles behind pastry, gluten development and how this is used to create different textures within dough.</p>	<p>Students will cover all aspects of hygiene and safety, recapping on year 8, food storage and the science behind heat transfer. Students will be able to explain how heat transfer changes within different cooking methods and the effects such methods have on the sensory attributes of food.</p> <p>Students will study the functions and scientific principles behind Bread production focusing on gluten development and fermentation. This will be tested in a final practical assessment. Students will discover the scientific principles behind pastry, gluten development and how this is used to create different textures within dough.</p>	<p>Students will start to look at storing food correctly and the different temperatures that occur during the buying and storing of food. Students will spend this half term studying the different methods of cake making. They will explore rubbing in and creaming methods through practical cooks.</p> <p>Students will be able to see the textural differences between the two and how the same ingredients can be combined to provide different outcomes.</p> <p>Students will complete the final 2 assessments of the year. The practical assessment will work on knowledge from Half Term 4 and 5 and the written exam will assess the entire years' work as well as recalling some powerful knowledge from year 8.</p>
<p>Skills</p>	<ul style="list-style-type: none"> • Hygiene and safety • Cooking methods and heat transfer • Food storage • Gluten Development • Fermentation • Bread 	<ul style="list-style-type: none"> • Hygiene and safety • Cooking methods and heat transfer • Food storage • Gluten Development • Fermentation • Bread 	<ul style="list-style-type: none"> • Cake making, creaming, all in one, melting and rubbing in.

Assessments	Written Assessment on Term 1 content plus a practical assessment		Bread Practical assessment, ongoing theory assessments.		Pastry Cake Practical Assessment End of year Written Assessment	
Curiosity	<ul style="list-style-type: none"> • Watch Great British Menu • Students will have an opportunity to cook a Halloween based dish in the after-school club. 	<ul style="list-style-type: none"> • Visit a farm shop/ garden centre... • Students will have an opportunity to cook a Christmas based dish in the after-school club. 	<ul style="list-style-type: none"> • Watch Great British Bake off • Students will have an opportunity to cook based on National Pie Day based dish in the after-school club. 	<ul style="list-style-type: none"> • Watch Food unwrapped • Students will have an opportunity to cook an Easter based dish in the afterschool club. 	<ul style="list-style-type: none"> • Visit a restaurant that is not fast food. • Students will have an opportunity to cook a Mother's day based dish in the after school club. 	<ul style="list-style-type: none"> • Plan a week's meals for your family • Students will have an opportunity to cook a Father's day based dish in the after school club.

Year 9 Food Technology Autumn Term Knowledge Organiser

Key Vocabulary: The Eatwell Guide			8	Food Miles and Carbon Footprint	Food miles and where our food comes from. Carbon footprint and environmental impact.
1	The Eatwell Guide	5 main food groups and is suitable for most people over 2 years of age. Shows the proportions in which different groups of foods are needed in order to have a well-balanced and healthy diet. Shows proportions representative of food eaten over a day or more.	9	Food Waste and Packaging	<ul style="list-style-type: none"> • Uses of packaging • Packaging and the environment • Reducing the environmental impact
2	Hydration	Aim to drink 6-8 glasses of fluid every day. Water, lower fat milk and sugar-free drinks including tea and coffee all count. Fruit juice and smoothies also count but should be limited to no more than a combined total of 150ml per day.	10	Food Provenance	<p>Grown food</p> <ul style="list-style-type: none"> • Intensive farming • Organic farming • GM crops <p>Reared Food</p> <ul style="list-style-type: none"> • Factory farm • Free-range <p>Caught food</p> <ul style="list-style-type: none"> • Fishing methods • Sustainable fishing
3	Fibre	Dietary fibre is a type of carbohydrate found in plant foods. Food examples include wholegrain cereals and cereal products; oats; beans; lentils; fruit; vegetables; nuts; and, seeds. Dietary fibre helps to: reduce the risk of heart disease, diabetes and some cancers; help weight control; bulk up stools; prevent constipation; improve gut health. The recommended average intake for dietary fibre is 30g per day for adults.	11	<ul style="list-style-type: none"> • Cross Contamination and Food Safety • Bacteria and Food Poisoning 	Bacteria are single-celled micro-organisms. They can be divided into 3 groups Harmless bacteria, pathogenic bacteria and food spoilage bacteria. Pathogenic means food poisoning. Bacteria does not like acids or alkaline foods and prefer pH neutral foods. Foods high in moisture and protein are perfect for bacteria.
4	Energy		12	Cooking Processes	<p>Cooking processes are the different ways that we heat food before it is eaten.</p> <ul style="list-style-type: none"> • Baking: to cook food in a heated oven. Make sure that you select the right temperature • Grilling: to cook food by putting it under a hot grill (like a radiator in a cooker)
5	A balanced diet	A balanced diet is based on the Eatwell Guide. An unbalanced diet can lead to dietary related diseases.			
6	Dietary fibre	A type of carbohydrate found in plant foods.			
7	Composite or combination food	Much of the food people eat is in the form of dishes or meals with more than one kind of food component in them. For example, pizzas, casseroles and sandwiches are all made with ingredients from more than one food group. These are often called 'combination' or 'composite' foods.			