

Food Technology - Yearly Overview 2020-2021

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Kitchen Safety Hazards	Food Safety Vegetables Fruit	Diets and Healthy Eating	Baking and cooking	Recipe writing Grating Mixing Boiling Cutting	Chopping Frying Grilling Steaming
Year 8	Kitchen Safety Hazards	Food safety Vegetables Fruit	Diets and Healthy Eating	Baking and cooking	Recipe writing Grating Mixing Boiling Cutting	Chopping Frying Grilling Steaming
Year 9	Hygiene Safety Control measures	Planning Organisation Hazards and Risks Timings	Diets Healthy eating and adapting recipes to budget or to be healthier	Cooking Skills Temp ranges and food safety control measures	Using various kitchen equipment to enhance recipes	Planning and prepping a meal with control measures and evidencing research.
Year 10	Hazards and control measures Food bourne illness Temp checks	Planning and organisation skills Portfolio based evidence designed by student to show knowledge of cooking and planning skills	Vitamin and mineral knowledge Why lifestyles affect food choices. Diet control and portion control	Understanding food labels Traffic light system. RDI and how this affects health. Designing recipes for selected group.	Building a booklet of recipes to cook over this term that incorporate RDI and healthier options. Cooking on a budget	Responding to a set brief using prior knowledge. Main meal and dessert or starter and main.

Year 11	RDI and healthy Eating. Designing a risk assesment for kitchen. Undersatnding the importance of health and safety	Preparing meals using the risk assesment to manage and control risks. Slips trips and falls Food temp risk.	Understanding RDI and responding to a task of collecting personal recipes for a set group. Undersatanding the importance of vitamens and minerals.	Cooking a selection of 8 dishes. To incorporate food safety And health and hygiene, Timings and evaluations.	Online Food safety Course Level 2 Running alongside practical cooking lessons.	Responding to a set brief. To research and plan and to practice previous dishes in selection for brief.
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