

Yearly Overview 2021-2022

Food Tech

Subject:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Kitchen Safety Low level Hazards	Food Safety Vegetables Fruit Understanding seasonality	Diets and Healthy Eating Eat well plate	Baking and cooking Recipes from around the world	Recipe writing Grating Mixing Boiling Cutting	To learn how food is grown, reared, caught and processed. Making pastry and bread,cakes Chopping Frying Grilling Baking
Year 8	Kitchen Safety Higher level Hazards	Food safety Higher level Vegetables Fruit Where our fruit and vegetables come from.	Diets and Healthy Eating Food Labling	Baking and cooking Recipes from around the world	Recipe writing Grating Mixing Boiling Cutting	To learn how food is grown, reared, caught and processed. Making pastry and bread,cakes Chopping Frying Grilling Baking

Year 9	Introduction to NCFE food and cookery level 1 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	Working on the NCFE food and cookery skills, learning different techniques and skills to enable positive cooking experiences while learning life skills.
Year 10 NCFE Food and cookery introduction level 2	Introduction to NCFE food and cookery level 2 unit 1 and 2 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	Working on the NCFE food and cookery skills level 2. Responding to set tasks using prior knowledge, and building a solid foundation to support the 2 year of the course.
Year 11 NCFE Food and cookery Level 2	RDI and healthy Eating. Designing a risk assesement for kitchen. Understanding the importance of health and safety unit 3 and 4	Preparing meals using the risk assesement 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.	Completing NCFE food and cookery skills level 2, theory and practical work. Plan and put into practice a three course assessment menu using previously

						learned skills to a high standard independenantly.
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