

Food Technology – Yearly Overview

Subject:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Kitchen Safety 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	Chopping Frying Grilling Steaming
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	Chopping Frying Grilling Steaming
Year 9	Introduction to NCFE food and cookery level 2 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 NCFE Food and	NCFE food and cookery level 2 Hazards and control measures Food bourne illness	Planning and organisation skills Portfolio based evidence designed by student to show	Vitamin and mineral knowledge Why lifestyles affect food choices. Diet	Understanding food labels Traffic light system. RDI and how this affects health.	Building a booklet of recipes to cook over this term that incorporate RDI and healthier	Responding to a set brief using prior knowledge. Main meal and dessert or starter and main.

cookery level 2	Temp checks	knowledge of cooking and planning skills	control and portion control	Designing recipes for selected group.	options. Cooking on a budget	
Year 11 NCFE Food and cookery Level 2	RDI and healthy Eating. Designing a risk assesement for kitchen. Undersatnding the importance of health and safety	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.	Responding to a set brief. To research and plan and to practice previous dishes in selection for brief.