

Food Tech Yearly Overview 2024-2025

The aim of delivering this subject:

KS2 and KS3 follow the national curriculum the schemes of work are food facts for life, the learning is adapted and scaffolded to meet our students levels and needs.

Years 9,10,11, Reach, Reach KS3, Reach KS4

Follow the national curriculum. The schemes of work are the NCFE these are qualification courses which started in ks3 on the level 1 programme, the learning is adapted and scaffolded to meet our students levels and needs, this is used in conjunction with go for schools progress statements.

This NCFE qualification is designed for learners with an interest in food and cookery. It will provide learners with experience of using different cooking skills and methods to enable them to use these within further education or apprenticeships. It will give them a basic understanding of the skills required for a career in food. This qualification will: • focus on an applied study of the food and cookery sector • offer breadth and depth of study, incorporating a significant core of knowledge and theoretical content with broad-ranging applicability • provide opportunities to acquire a number of practical and technical skills. Qualification objectives the objectives of this qualification are to: • prepare and cook using basic skills • understand food and its functions in the body and in recipes • understand balanced diets and modification of recipes for health • plan and produce dishes for a purpose. Throughout the delivery of this qualification, the following core areas and transferable skills should be evident: • planning • research skills • communication • problem solving skills • health and safety

Subject:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Expectations Safety Knife skills Theory practical cooking Kitchen equipment tools Food hygiene	Expectations Safety Knife skills Theory practical cooking Kitchen equipment tools Food hygiene	Food groups Lifestyle/culture Using equipment Using your senses Portion control Healthy eating Dietary needs Food Hygiene Evaluating dishes	Food groups Lifestyle/culture Using equipment Using your senses Portion control Healthy eating Dietary needs Food Hygiene Evaluating dishes	Recapping and extending learning Food groups Lifestyle/culture Lifestyle/culture Using equipment Using your senses Portion control	Recapping and extending learning Food groups Lifestyle/culture Using equipment Using your senses Portion control Healthy eating Dietary needs Food Hygiene

Subject:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Sensory vocabulary Eatwell guide Food groups Lifestyle/culture Food choices Cooking skills Mix Weigh Measure Roll Rub in Stir Prove Cut Spreading	Sensory vocabulary Food groups Protein Carbohydrates Vegetables Fruit Dairy Fats Fibre Vitamins Minerals Hydration Lifestyle/culture Food choices Cooking skills Mix Weigh Measure Roll Rub in Stir Prove Cut Spreading Cooking skills	Food choices Cooking skills Map Europe Map World Recipes from around the world Spice Cooking skills Boiling Combining Frying Grilling Baking Blitzing	Food choices Cooking skills Food Safety Contamination Bacteria Food miles Environment Carbon footprint Understanding Seasonality Farmed Grown Caught Processed	Healthy eating Dietary needs Food Hygiene Evaluating dishes Food choices Cooking skills Food sensory How does it taste. Feel Sound Smell Look. Alternatives Dietary needs Heart Immune Allergies Vegetarian Vegan	Evaluating dishes Food choices Cooking skills Contamination Bacteria Eatwell plate Balanced diet Protein Carbohydrates Vegetables Fruit Dairy Fats Fibre Vitamins Minerals RDI Food labelling

Subject:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Simmering Boiling Blending				
Year 8	Eatwell guide What is energy Balanced diet Hygiene Food safety Nutritional information Food labels Dietary recommendations Food groups Cooking skills Knife skills Using the oven Baking Micronutrients	Eatwell guide What is energy Balanced diet Hygiene Food safety Nutritional information Food labels Dietary recommendations Food groups Cooking skills Knife skills Using the oven Baking Micronutrients	Food choices Dietary needs Food standards in schools Food safety Cooking skills Frying Boiling Simmering Knife skills Map Europe Map World Recipes from around the world Spice Cooking skills Boiling	Food choices Dietary needs Food standards in schools Food safety Cooking skills Frying Boiling Simmering Knife skills Food Safety Contamination Bacteria Food miles Environment Carbon footprint	Recapping and extending learning Eatwell guide What is energy Balanced diet Hygiene Food safety Nutritional information Food labels Dietary recommendations Food groups Cooking skills Knife skills Using the oven	Recapping and extending learning Food choices Dietary needs Food standards in schools Food safety Cooking skills Frying Boiling Simmering Knife skills Contamination Bacteria Eatwell plate Balanced diet Protein Carbohydrates Vegetables

Subject:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Vitamins and minerals Gelatinisation Kitchen Safety Knife safety Hygiene Hand Washing Contamination Food safety Bacteria Equipment Utensils Introduction to the Eatwell plate Cooking skills Mix Weigh Measure Roll Rub in Stir	Vitamins and minerals Gelatinisation Eatwell plate Balanced diet Food labelling Healthy Eating Portion sizes Protein Carbohydrates Vegetables Fruit Dairy Fats Fibre Vitamins Minerals Hydration Cooking skills Chopping Simmering Boiling Blending	Combining Frying Grilling Baking	Understanding Seasonality Farmed Grown Caught Processed	Baking Micronutrients Vitamins and minerals Gelatinisation Food sensory How does it Taste Feel Sound Smell Look. Alternatives Dietary needs Heart Immune Allergies Vegetarian Vegan	Fruit Dairy Fats Fibre Vitamins Minerals RDI Food labelling

Subject:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reach + KS3	<p>Prove Cut Spreading</p> <p>NCFE food and cookery level 1 <u>Preparing to cook</u> Kitchen hygiene Personal hygiene Safety Control measures Hazards and Risks Introduction to the Eatwell plate Learning and demonstrating cooking skills</p>	<p>NCFE food and cookery level 1 <u>Preparing to cook</u> Identifying Large equipment Small equipment Utensils Cleaning and storage of equipment Selecting ingredient Quality of produce Preparation of food</p>	<p>NCFE food and cookery level 1 <u>Understanding food</u> Identifying the main food groups Examples of food from different sources Grown, reared, caught, processed. Seasonality Examples of how the seasons affect food availability</p>	<p>NCFE food and cookery level 1 <u>Understanding food</u> Understanding factors affecting food choices social, environmental, cost and sensory. Healthy eating and adapting recipes to budget or to be healthier Review the dish for example Cost, taste, appearance, smell and texture Cooking Skills</p>	<p>NCFE food and cookery level 1 <u>Exploring balanced diets</u> Reference intake (RI) Guideline Daily amounts (GDAs) Food labelling Healthy eating Identifying different nutrients</p>	<p>NCFE food and cookery level 1 <u>Plan and produce dishes in response to a brief</u> Planning and designing a menu selecting recipes, ingredients, timings, and with control measures and evidenced research.</p>

Subject:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Safe storage of food Cooking skills Planning Organisation		Temp ranges and food safety control measures Timings	Using various kitchen equipment to enhance recipes	
Year 9 Reach KS3 Over 2 years	NCFE food and cookery level 2 <u>Preparing to cook</u> Kitchen hygiene Personal hygiene Safety Control measures Hazards and Risks Introduction to the Eatwell plate Learning and demonstrating cooking skills	NCFE food and cookery level 2 <u>Preparing to cook</u> Identifying Large equipment Small equipment Utensils Cleaning and storage of equipment Selecting ingredient Quality of produce Preparation of food	NCFE food and cookery level 2 <u>Understanding food</u> Identifying the main food groups Examples of food from different sources Grown, reared, caught, processed. Seasonality Examples of how the seasons affect food availability	NCFE food and cookery level 2 <u>Understanding food</u> Understanding factors affecting food choices social, environmental, cost and sensory. Healthy eating and adapting recipes to budget or to be healthier Review the dish for example Cost, taste, appearance, smell and texture Cooking Skills Temp ranges and food safety control measures	NCFE food and cookery level 2 <u>Exploring balanced diets</u> Reference intake (RI) Guideline Daily amounts (GDAs) Food labelling Healthy eating Identifying different nutrients Using various kitchen	NCFE food and cookery level 2 <u>Plan and produce dishes in response to a brief</u> Planning and designing a menu selecting recipes, ingredients, timings, and with control measures and evidenced research.

Subject:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		<p>Safe storage of food</p> <p>Cooking skills</p> <p>Planning Organisation</p>		Timings	equipment to enhance recipes	
<p>Year 10 and Reach KS4 NCFE Food and cookery introduction level 2</p>	<p>Introduction to NCFE food and cookery level 2 unit 1</p> <p><u>Preparing to cook</u></p> <p>Kitchen hygiene</p> <p>Personal hygiene</p> <p>Safety</p> <p>Control measures</p> <p>Hazards and Risks</p> <p>Introduction to the Eatwell plate</p> <p>Learning and demonstrating cooking skills</p>	<p>NCFE food and cookery level 2</p> <p><u>Preparing to cook</u></p> <p>Portfolio based evidence designed by student to show knowledge of cooking and planning skills</p> <p>Identifying Large equipment</p> <p>Small equipment</p> <p>Utensils</p> <p>Learning and demonstrating cooking skills</p>	<p>NCFE food and cookery level 2</p> <p><u>Preparing to cook</u></p> <p>Cleaning and storage of equipment</p> <p>Selecting ingredient</p> <p>Quality of produce</p> <p>Preparation of food</p> <p>Safe storage of food</p> <p>Learning and demonstrating cooking skills</p>	<p>NCFE food and cookery level 2</p> <p><u>Understanding food</u></p> <p>Identifying the main food groups</p> <p>Examples of food from different sources</p> <p>Grown,reared,caught, processed.</p> <p>Seasonality</p> <p>Examples of how the seasons affect food availability</p>	<p>NCFE food and cookery level 2</p> <p><u>Understanding food</u></p> <p>Food labelling</p> <p>Traffic light system.</p> <p>RDI and how this affects health.</p> <p>Designing recipes for selected group.</p> <p>Vitamin and mineral knowledge</p> <p>Why lifestyles affect food choices.</p> <p>Diet control and portion control</p>	<p>NCFE food and cookery level 2</p> <p><u>Understanding food</u></p> <p>Understanding factors affecting food choices</p> <p>social,environmental,cost and sensory.</p> <p>Healthy eating and adapting recipes to budget or to be healthier</p> <p>Review the dish for example</p> <p>Cost,taste,appearance,smell and texture</p> <p>Cooking Skills</p> <p>Temp ranges and food safety control measures</p>

Subject:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
					Hydration	Timings
Year 11 NCFE Food and cookery Level 2	<u>NCFE food and cookery level 2</u> Exploring balanced diets RDI and healthy Eating. Designing a risk assesement for kitchen. Understanding the importance of health and safety unit 3 and 4	<u>NCFE food and cookery level 2</u> Exploring balanced diets Preparing meals using the risk assesement to manage and control risks. Slips trips and falls Food temp risk.	<u>NCFE food and cookery level 2</u> Exploring balanced diets Understanding RDI and responding to a task of collecting personal recipes for a set group. Understanding the importance of vitamins and minerals. Cooking a selection of 8 dishes. To incorporate food safety And health and hygiene, Timings and evaluations.	<u>NCFE food and cookery level 2</u> Plan and produce dishes in response to a brief	<u>NCFE food and cookery level 2</u> Plan and produce dishes in response to a brief Reference intake (RI) Guideline Daily amounts(GDAs) Food labelling Healthy eating Identifying different nutrients Using various kitchen equipment to enhance recipes	<u>NCFE food and cookery level 2</u> Plan and produce dishes in response to a brief Responding to a set brief. To research recipes. Planning and designing a menu selecting recipes, ingredients,timings,and with control measures and evidenced research.

Subject:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
					Online Food safety Course Level 2 Running alongside practical cooking lessons.	