



# Food Technology COMPOSITE KNOWLEDGE COVERAGE KEY STAGE 3

**Intent: To equip learners with the knowledge and skills to become independent and access a healthy lifestyle with reference to a range of foods and understand the importance of a balanced diet and lifestyle.**

		Cycle A (2026-2027)	Cycle B (2027-2028)	Cycle C (2028-2029)	Running throughout each cycle
<b>Autumn</b>	<b>1</b>	<p><b>Local Produce</b></p> <p><b>Food Sustainability</b></p> <ul style="list-style-type: none"> <li>• <b>Sustainable food sourcing:</b> Introduction to local and seasonal foods.</li> <li>• <b>Food waste:</b> Reducing food waste, understanding food miles.</li> <li>• <b>Environmental impact:</b> The carbon footprint of food and how food choices affect the environment.</li> </ul>	<p><b>Local Produce</b></p> <p><b>Fruit and Vegetables</b></p> <p><b>Food Sustainability</b></p> <ul style="list-style-type: none"> <li>• <b>Sustainable food sourcing:</b> Introduction to local and seasonal foods.</li> <li>• <b>Food waste:</b> Reducing food waste, understanding food miles.</li> <li>• <b>Environmental impact:</b> The carbon footprint of food and how food choices affect the environment.</li> </ul>	<p><b>Local Produce</b></p> <p><b>Meats</b></p> <p><b>Food Sustainability</b></p> <ul style="list-style-type: none"> <li>• <b>Sustainable food sourcing:</b> Introduction to local and seasonal foods.</li> <li>• <b>Food waste:</b> Reducing food waste, understanding food miles.</li> <li>• <b>Environmental impact:</b> The carbon footprint of food and how food choices affect the environment.</li> </ul>	<p><b>Health and Safety</b></p> <ul style="list-style-type: none"> <li>• <b>Basic kitchen skills:</b> Safety in the kitchen, knife skills, and hygiene.</li> <li>• <b>Understanding ingredients:</b> Identification and classification of basic ingredients (e.g., dairy, meat, vegetables).</li> <li>• <b>Food preparation techniques:</b> Chopping, peeling, boiling, baking, frying, etc.</li> </ul> <p><b>Basic Nutrition and Health</b></p> <ul style="list-style-type: none"> <li>• <b>The Eatwell Guide:</b> Understanding food groups and their role in a balanced diet.</li> <li>• <b>Macronutrients:</b> Carbohydrates, proteins, fats, and their importance.</li> <li>• <b>Micronutrients:</b> Vitamins and minerals and their effects on health.</li> <li>• <b>Hygiene and food safety:</b> Importance of cleanliness, proper food storage, and cooking techniques to avoid contamination.</li> </ul> <p><b>Food Technology in Society</b></p> <ul style="list-style-type: none"> <li>• <b>Global food systems:</b> Understanding global food production, trade, and cultural practices.</li> <li>• <b>Food innovations:</b> Exploring food technology advancements, including lab-grown food, food packaging, and automation in food production.</li> <li>• <b>Ethical issues:</b> Fairtrade, animal welfare, and the ethics of food production.</li> </ul>
	<b>2</b>	<p><b>Cakes</b></p> <p><b>Advanced Cooking Skills</b></p> <ul style="list-style-type: none"> <li>• <b>Meal planning:</b> Planning meals for</li> </ul>	<p><b>Pies</b></p> <p><b>Advanced Cooking Skills</b></p>	<p><b>Complex deserts</b></p> <p><b>Advanced Cooking Skills</b></p>	

		<p>different occasions (e.g., family meals, parties, and formal events).</p> <ul style="list-style-type: none"> <li>• <b>Presentation techniques:</b> Creating appealing food through garnishes, plating, and overall presentation.</li> <li>• <b>Advanced baking and pastry techniques:</b> Cakes, pies, and complex desserts.</li> <li>• <b>Culinary presentation:</b> Food styling for dishes and table settings</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Meal planning:</b> Planning meals for different occasions (e.g., family meals, parties, and formal events).</li> <li>• <b>Presentation techniques:</b> Creating appealing food through garnishes, plating, and overall presentation.</li> <li>• <b>Advanced baking and pastry techniques:</b> Cakes, pies, and complex desserts.</li> </ul> <p><b>Culinary presentation:</b> Food styling for dishes and table settings</p>	<ul style="list-style-type: none"> <li>• <b>Meal planning:</b> Planning meals for different occasions (e.g., family meals, parties, and formal events).</li> <li>• <b>Presentation techniques:</b> Creating appealing food through garnishes, plating, and overall presentation.</li> <li>• <b>Advanced baking and pastry techniques:</b> Cakes, pies, and complex desserts.</li> </ul> <p><b>Culinary presentation:</b> Food styling for dishes and table settings</p>	
Spring	1	<p><b>Fresh food</b></p> <p><b>Food Science</b></p> <ul style="list-style-type: none"> <li>• <b>Understanding food changes during cooking:</b> Chemical reactions (e.g., caramelization, protein denaturation).</li> <li>• <b>Food preservation:</b> Methods of preserving food (canning, freezing, dehydrating).</li> </ul>	<p><b>Canned foods</b></p> <p><b>Food Science</b></p> <ul style="list-style-type: none"> <li>• <b>Understanding food changes during cooking:</b> Chemical reactions (e.g., caramelization, protein denaturation).</li> <li>• <b>Food preservation:</b> Methods of preserving food (canning, freezing, dehydrating).</li> </ul>	<p><b>Frozen Food</b></p> <p><b>Food Science</b></p> <ul style="list-style-type: none"> <li>• <b>Understanding food changes during cooking:</b> Chemical reactions (e.g., caramelization, protein denaturation).</li> <li>• <b>Food preservation:</b> Methods of preserving food (canning, freezing, dehydrating).</li> </ul> <p><b>Food chemistry:</b> The impact of different ingredients on texture, flavour, and nutritional content</p>	

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	2	<p><b>Pastry</b></p> <p><b>Food Preparation and Cooking Techniques</b></p> <ul style="list-style-type: none"> <li>• <b>Complexity of recipes:</b> Moving to more advanced recipes involving multiple cooking techniques.</li> <li>• <b>Baking:</b> Introduction to pastry, cakes, and breads.</li> <li>• <b>Culinary techniques:</b> Grilling, roasting, steaming, stir-frying, and boiling.</li> <li>• <b>Cultural influences:</b> Introduction to global cuisine and variations in cooking methods.</li> </ul>	<p><b>Bread</b></p> <p><b>Food Preparation and Cooking Techniques</b></p> <ul style="list-style-type: none"> <li>• <b>Complexity of recipes:</b> Moving to more advanced recipes involving multiple cooking techniques.</li> <li>• <b>Baking:</b> Introduction to pastry, cakes, and breads.</li> <li>• <b>Culinary techniques:</b> Grilling, roasting, steaming, stir-frying, and boiling.</li> <li>• <b>Cultural influences:</b> Introduction to global cuisine and variations in cooking methods.</li> </ul>	<p><b>Cakes</b></p> <p><b>Food Preparation and Cooking Techniques</b></p> <ul style="list-style-type: none"> <li>• <b>Complexity of recipes:</b> Moving to more advanced recipes involving multiple cooking techniques.</li> <li>• <b>Baking:</b> Introduction to pastry, cakes, and breads.</li> <li>• <b>Culinary techniques:</b> Grilling, roasting, steaming, stir-frying, and boiling.</li> <li>• <b>Cultural influences:</b> Introduction to global cuisine and variations in cooking methods.</li> </ul>
Summer	1	<p><b>Vegetarian</b></p> <p><b>Nutrition and Special Diets</b></p>	<p><b>Gluten Free</b></p> <p><b>Nutrition and Special Diets</b></p>	<p><b>Dairy Free</b></p> <p><b>Nutrition and Special Diets</b></p>

		<ul style="list-style-type: none"> <li>• <b>Special dietary needs:</b> Vegetarianism, veganism, gluten-free, and food allergies.</li> <li>• <b>Food intolerances and sensitivities:</b> Understanding common issues such as lactose intolerance.</li> <li>• <b>Healthy eating habits:</b> Long-term health impacts of poor diets (e.g., obesity, diabetes).</li> <li>• <b>Food labeling:</b> Understanding nutrition labels, ingredients lists, and claims.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Special dietary needs:</b> Vegetarianism, veganism, gluten-free, and food allergies.</li> <li>• <b>Food intolerances and sensitivities:</b> Understanding common issues such as lactose intolerance.</li> <li>• <b>Healthy eating habits:</b> Long-term health impacts of poor diets (e.g., obesity, diabetes).</li> <li>• <b>Food labeling:</b> Understanding nutrition labels, ingredients lists, and claims.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Special dietary needs:</b> Vegetarianism, veganism, gluten-free, and food allergies.</li> <li>• <b>Food intolerances and sensitivities:</b> Understanding common issues such as lactose intolerance.</li> <li>• <b>Healthy eating habits:</b> Long-term health impacts of poor diets (e.g., obesity, diabetes).</li> <li>• <b>Food labeling:</b> Understanding nutrition labels, ingredients lists, and claims.</li> </ul>	
2		<ul style="list-style-type: none"> <li>• <b>Assessment and Independent Projects</b></li> <li>• <b>Creating a portfolio of work:</b> Keeping a detailed logbook or portfolio of recipes and techniques learned.</li> <li>• <b>Independent project:</b> Researching, developing, and preparing a dish or</li> </ul>	<p><b>Assessment and Independent Projects</b></p> <ul style="list-style-type: none"> <li>• <b>Creating a portfolio of work:</b> Keeping a detailed logbook or portfolio of recipes and techniques learned.</li> <li>• <b>Independent project:</b> Researching, developing, and preparing a dish or a</li> </ul>	<p><b>Assessment and Independent Projects</b></p> <ul style="list-style-type: none"> <li>• <b>Creating a portfolio of work:</b> Keeping a detailed logbook or portfolio of recipes and techniques learned.</li> <li>• <b>Independent project:</b> Researching, developing, and preparing a dish or a menu based on a theme or brief.</li> </ul>	

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