

	<b>Autumn</b>		<b>Spring</b>		<b>Summer</b>	
<b>Year 7</b>	<p><b>Vocab:</b> Various names of basic equipment and making skills. Cooker, grill, oven and hob, apron, hygienic, clean, safe.</p> <p><b>Skills:</b> Develop a range of making skills e.g. cutting with a sharp knife, spreading, rubbing in, creaming. Name and use equipment safely. Use the oven safely. Learn how to be hygienic and safe when working with food. Name, explore and prepare a range of ingredients. Weighing and measuring. Develop skills to work safely and hygienically together and independently. Follow and learn routines.</p>	<p><b>Unit:</b> <b><u>What is food technology?</u></b> Explore what food technology is about, find our way around the room. Students will make a wide range of dishes which expose them to a range of making skills, ingredient and equipment. Develop knowledge and understanding of how to work safely through hands on activity. Prepare a Christmas dish.</p>	<p><b>Vocab:</b> Bread making words: e.g. kneading, mixing, yeast, rising, dough, gentle, hot, cold, warm, moist, soft, firm, sticky, aroma.</p> <p><b>Skills:</b> Develop experiences with foods and bread making skills. Use mixing, kneading and shaping skills; learn about yeast and how bread rises; the need to keep it warm and the various types that can be used. Investigate what can be added to bread mixtures. Knowing how to get safe hot water to add to bread.</p>	<p><b>Unit:</b> <b><u>Bread making</u></b> and healthy eating basic. Investigate the process for making bread, ingredients, when bread is eaten and different cultures versions of bread and uses. Prepare some dishes related to Easter as appropriate.</p>	<p><b>Vocab:</b> Snacks, picnic, picnic food names, melting, hot, bacteria, safe and hygienic, planning.</p> <p><b>Skills:</b> Applying skills developed over the year. Making choices between offered foods, naming them, describing and tasting them. Using cutting skills, kneading, rubbing in, using the oven with support, making a dough, rolling out with a rolling pin, shaping and producing a quality product. Reviewing our making and suggesting changes.</p>	<p><b>Unit:</b> <b><u>Picnic foods,</u></b> planning and making for the picnic. Healthy snacks and meals. Investigate what a picnic is, where we hold them, when and why. Explore a range of picnic foods and evaluate their suitability considering health, taste, freezing and ease of eating. Develop ideas for a picnic food.</p>

					Considering others preferences and needs; applying criteria to choice of dishes.	
<b>Year 8</b>	<p>Vocab: Fry, stir fry, boil, bake, grill foods, simmer, hot, cold, warm, moist Oven, grill, panini machine, electric whisk. Microwave</p> <p>Skills:  Develop ability to recall dishes made and what making terms mean; follow steps, apply knowledge of ingredients; suggest change to foods. Use the parts of the cooker safely and the microwave; following steps and identifying how to be safe. Apply safety rules.</p>	<p>Unit: <b><u>Equipment skills.</u></b> Identify the different parts of the cooker. Use the oven, grill, hob and small equipment. Fry, stir fry, boil, bake, grill foods. Learn how to use a range of bench top electrical equipment safely and the foods that can be prepared with them.</p>	<p>Vocab: Various description words for appearance, taste, texture and aroma. Design development</p> <p>Skills:  Melting, mixing, kneading, stirring, cutting, peeling, boiling, timing, whisking, rubbing in, creaming. Planning and choosing suitable dishes matching criteria. Following steps, making process. Basic weighing and measuring skills.</p>	<p>Unit: <b><u>Investigating ingredients, design snacks, healthy eating.</u></b> Develop and build upon tasting skills, explore products and use suitable describing words. Research available and possible dishes and recipes. Produce design ideas using others ideas and recipes as guidance where needed. Use making skills to produce quality dishes in a safe and hygienic way.</p>	<p>Vocab: Various new ingredients to be introduced and dishes e.g. samosa, bamboo shoots. Stir frying, chilling, wrapping. Skills:  Taste and describe a range of dishes, explore how foods compare, share views and opinions, consider other cultures and where foods are grown, apply knowledge of ingredients.</p>	<p>Unit: <b><u>Foods from around the world</u></b> Investigate a range of foreign and exotic foods. DMA: develop a design of a food product using chosen ingredients from other countries. Investigate foods from different cultures. Investigate a range of dishes from around the world; explore ingredients and herbs/spices.</p>

	Follow recipe steps. Evaluate how we have worked and dishes made.				Stir frying, wrapping, brushing. Use a range of cutting, shaping and mixing processes.	
<b>Year 9</b>	<p>Vocab: Fibre, healthy eating, vitamins and fats, carbohydrates, energy, protein and muscle. Fruits and high fibre products.</p> <p>Skills: Develop weighing and measuring skills. Students will use a range of equipment to make dishes and will taste and compare foods cooked by the various methods evaluating the effect upon appearance, taste, texture and health. Evaluate and compare processes and impact upon</p>	<p>Unit: <b><u>Healthy eating and how to cook food.</u></b> Use the Eat well guide. Healthy eating; nutrition relating to fibre, fats, carbohydrates and proteins. Different methods of cooking one and many foods and how the method impacts upon their diet and daily nutritional allowance. Prepare and make a range of high fibre dishes, review the products and assess if we could make changes to eat higher fibre foods.</p>	<p>Vocab: Convenience, packaging, high fat, sugar, salt, environmentally friendly, easy to use, reheat Consumers and views, cost, value for money, availability, choice and preferences.</p> <p>Skills:</p>	<p>Unit: <b><u>Convenience foods and labelling, design a dish to make.</u></b> Identify what convenience foods are and where and when we use them effectively or too much. Use convenience foods to make a range of healthy meals. Consider the cooking and packaging of convenience foods and the effects on the foods nutritional value. Compare, taste and test a range of dishes. Consider the impact of convenience foods on our lives and their cost. Develop designing and making skills.</p>	<p>Vocab: Equipment names, ingredients and processes, skills and methods, measuring, weighing, number and quantity.</p> <p>Skills: Use knowledge of healthy eating to produce balanced dishes. Develop making skills and use knowledge of cooking methods to develop flavoursome dishes. Develop ideas, planning and evaluation skills.</p>	<p>Unit: <b><u>Make 10 dishes</u></b> Students identify 10 meals/snacks that they will work on making for themselves and developing their confidence and skills to prepare independently.</p>

<p>health. Evaluate foods and their impact on us. Work more independently to follow steps and recipe.</p>					
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