

Year Plan Food Technology

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<u>What is food technology?</u> 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. Christmas dish.		<u>Bread making</u> and healthy eating basic. 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. Investigate ingredients, when bread is eaten and different cultures versions of bread and uses.		<u>Picnic foods</u> , 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.	
Year 8	<u>Equipment skills</u> . 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.		<u>Investigating ingredients, design dishes, healthy eating</u> . 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.		<u>Foods from around the world</u> 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. Use a range of cutting, shaping and mixing processes. Investigate a range of dishes from around the world; explore ingredients and herbs/spices.	
Year 9	<u>Healthy eating and how to cook food</u> . Eat well guide. Healthy eating; eat well plate; 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. 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.		<u>Convenience foods and labelling, design a dish to make</u> . 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.		<u>Understanding ingredients</u> ; develop making skills to make soup, snack and salad. Develop understanding of the properties of ingredients and select them accordingly. Use experience and knowledge of ingredients and dishes to design ideas. Investigate products and research chosen foods using various mediums. 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.	