Year 7 Food Technology Overview.

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| **Phase / Subject** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Focus for**  **Learning** | Getting to know the *cooking* room. | Eat Well Guide and Principles. | Key nutrient groups: carbohydrates, dairy (and alternatives), and proteins. | Modifying recipes. | Energy and nutrients in food. | Cooking a main meal. |
| **Pathway 1** | To learn the layout of the cooking room. To practice cooking hygiene.  To acquire and demonstrate basic skills. | To know the Eat Well guide and apply to their own diet, know about ‘5 a day’, and portion size. To compare and evaluate existing products. | To explain where carbohydrate, dairy and proteins come from and why they are important to our health. | To investigate how recipes can be modified, food choice, and how food can be more appealing. | To investigate nutritional requirements of a teenager and calculate the nutrients provided in a dish. | To decide on a main dish which is appropriate for a teenager and cook a main dish. |
| **Pathway 2** | To learn the layout of the cooking room. To practice cooking hygiene.  To acquire and demonstrate basic skills. | To know the Eat Well guide and apply to their own diet, know about ‘5 a day’, and portion size. | To give examples of carbohydrates, dairy and proteins and explain why they are important in our diet. | To investigate how recipes can be modified, food choice, and how food can be more appealing. | To investigate nutritional requirements of a teenager and know which nutrients are provided in a dish. | To decide on a main dish which is appropriate for a teenager and cook a main dish. |
| **Pathway 3** | Getting to know the *cooking* room:  To get to know the cooking room, practice cooking hygiene and demonstrate basic skills. | Carbohydrates:  To give examples of carbohydrates, to use in a basic recipe, and to modify the recipe throughout the half term. | Dairy and alternatives: To give examples of dairy, to use in a basic recipe, and to modify the recipe throughout the half term. | Proteins:  To give examples of proteins, to use in a basic recipe, and to modify the recipe throughout the half term. | Fruit and Vegetables:  To give examples of fruit and vegetables, to use in a basic recipe, and to modify the recipe throughout the half term. | Oils and fats:  To give examples of oils and fats, to use in a basic recipe, and to modify the recipe throughout the half term. |

Year 8 Food Technology Overview.

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| **Phase / Subject** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Focus for**  **Learning** | Eat Well Guide and Principles. | Using eggs in cooking. | Seasonality and reducing fruit and vegetable waste. | Micro nutrients. | Fibre in foods. | Planning a healthier main meal to be served in a leisure centre. |
| **Pathway 1** | To recap the Eat Well guide and apply to their own diet, know about ‘5 a day’, and portion size.  To explain the importance of hydration. | To describe the function of eggs in cooking/ baking.  To use eggs in cooking/ baking. | To explain what the term ‘seasonality’ means.  To explain how fruit and vegetable waste can be reduced. | To explain the sources, types and functions of vitamins and minerals. To calculate the nutritional value of foods and compare alternatives. | To identify sources, types and functions of carbohydrates and fibre.  To identify bread and bread based products, and to modify a recipe to make a healthier option. | To investigate benefits and drawbacks of locally sourced food.  To investigate food waste and how it can be reduced.  To explore the considerations for their dish to be served at a leisure centre. |
| **Pathway 2** | To recap the Eat Well guide and apply to their own diet, know about ‘5 a day’, and portion size. To explain the importance of drinking water. | To use eggs when cooking/ baking. | To know fruit and vegetables grow at different times of the year.  To know which fruit and vegetables are seasonal to ‘Spring 1’. | To name some vitamins and minerals found in foods.  To know some foods which are high in vitamins and minerals. | To know how we get carbohydrates and fibre into our diet.  To know why these are important.  To modify a recipe to make it healthier. | To know what ‘locally sourced‘ means and to name some foods that can be sourced near Sheffield.  To create a dish with a locally sourced ingredient. |
| **Pathway 3** | To re-cap the Eat Well guide and healthy eating.  To know it is important to drink lots of water. | To use eggs when cooking/ baking. | To know which fruit and vegetables are seasonal to ‘Spring 1’. | To learn about making a healthy lunch.  To practice making a healthy lunch. | To know how we get carbohydrates and fibre into our diet.  To modify a recipe to make it healthier. | To know food can come from a local farm.  To cook using food which can be sourced from a local farm. |

Year 9 Food Technology

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| **Phase / Subject** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Focus for**  **Learning** | Eat Well Guide and Principles. | Dietary needs, allergens, and intolerances. | Handling knives. | Weighing and measuring. | Festival food. | Recipe kits available at supermarkets or for home delivery. |
| **Pathway 1** | To recap the Eat Well guide. To know dietary needs change throughout life stages and to investigate health related issues. | To identify different needs and modify a dish for a different dietary need.  To create a food label. | To demonstrate safe knife skills when cooking. | To demonstrate weighing and measuring skills when cooking. | To plan and prepare food which could be sold and eaten at a festival.  To provide the nutritional information for their chosen dish. | To research and write a plan for a recipe kit.  To produce a dish which can be made from a recipe kit. |
| **Pathway 2** | To recap the Eat Well guide.  To know how diet can cause health issues. | To know some dietary needs.  To produce a dish which adheres to a specific dietary need. | To demonstrate safe knife skills when cooking. | To demonstrate weighing and measuring skills when cooking. | To plan and prepare food which could be sold and eaten at a festival. | To produce a recipe for a ‘recipe- kit’ dish.  To produce a dish which can be made from a recipe kit. |
| **Pathway 3** | To re-cap the Eat Well guide and healthy eating.  To know that being unhealthy can make people poorly. | To know that some people become poorly when they eat certain foods.  To try foods which adhere to specific dietary needs. | To know that is important to act safely when using knives.  To demonstrate safe knife skills (with support). | To demonstrate weighing and measuring skills when cooking (with support). | To prepare and taste food which could be sold and eaten at a festival. | To produce a recipe for a known dish (with support). To produce a dish from their recipe. |

Y10 Curriculum Overview

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| **Phase / Subject** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Focus for**  **Learning** | An introduction to food technology. | Preparing food and drink. | Independent cooking.  Focus: Autumnal/ Christmas dishes. | Healthy Eating. | Planning and preparing food. | Planning and preparing food for a summer picnic. |
| **Pathway 1** | E2: Hygiene in the kitchen. | E2: Everyday food and drink preparation. | E3: Cooking for myself. | E3: Creating a healthy smoothie.  E2: Healthy Eating. | E2: Planning, preparing and cooking on a budget | E2: Planning, preparing and cooking on a budget |
| **Pathway 2** | E1: Using kitchen equipment safely.  E1: Select basic kitchen equipment to prepare food.  E1:[Kitchen hygiene and health & safety procedures](https://www.lifeskillschallenge.org.uk/challenges/preview/1704) | E1: Everyday food and drink preparation. | E1: Cooking for myself and others. | E1: Healthy Eating. | E1: [Creating a weekly meal plan and shopping list](https://www.lifeskillschallenge.org.uk/challenges/preview/3743) | E1: Making a sandwich |
| **Pathway 3** | WTEL1: Hazards in the kitchen. | WTEL1: Experiencing everyday food and drink preparation.  Participating in everyday food and drink preparation. | WTEL1: Cooking for myself.  Cooking for myself- making a meal. | WTEL1: Experience and explore healthy eating.  Actively explore healthy eating. | WTEL1: [Making a pizza](https://www.lifeskillschallenge.org.uk/challenges/preview/3515)  WTEL1: Taking part in baking. | WTEL1: [Seasonal home cooking skills - summer and picnics](https://www.lifeskillschallenge.org.uk/challenges/preview/2031) |

Year 11 Curriculum Overview.

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| **Phase / Subject** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Focus for**  **Learning** | Food storage. | Using a microwave | Independent cooking.  Focus: Seasonal Spring dishes. | My Café Project | My Café Project | N/A |
| **Pathway 1** | E3: Storing food safely.  E2: Storing food safely. | E3: Preparing a hot snack in a microwave.  E2: Preparing a hot snack in a microwave. | E3: Cooking for myself. | E3: Cleaning the kitchen in the Café.  E2: Cleaning the kitchen in the Café.  E2: [Making hot and cold drinks for customers](https://www.lifeskillschallenge.org.uk/challenges/preview/1260). | E3: Cleaning the kitchen in the Café.  E2: Cleaning the kitchen in the Café.  E2: [Making hot and cold drinks for customers](https://www.lifeskillschallenge.org.uk/challenges/preview/1260). | N/A |
| **Pathway 2** | E1: Storing food safely. | E1: Using a microwave. | E1: Cooking for myself and others. | E1: Cleaning the kitchen in the Café.  E1: Engaging with serving a drink to a customer. | E1: Cleaning the kitchen in the Café.  E1: Engaging with serving a drink to a customer. | N/A |
| **Pathway 3** | WTEL1: Storing food safely. | WTEL1: Preparing a simple snack. | WTEL1: Cooking for myself.  Cooking for myself- making a meal. | WTEL1: Participating in the running of a pop up Café.  [Experiencing serving drinks to customers](https://www.lifeskillschallenge.org.uk/challenges/preview/1258). | WTEL1: Participating in the running of a pop up Café.  [Experiencing serving drinks to customers](https://www.lifeskillschallenge.org.uk/challenges/preview/1258). | N/A |