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 |