



# Technology : Food

Year 7

**Food Safety**  
Knife skills, Kitchen expectations, Equipment



**Basic Practical skills**  
Flapjack, Toad in the Hole, Stir-fry, Chicken Goujons



**Nutrition**  
Proteins, Carbohydrates and Fats



Year 8

**Dietary needs**  
Vegetarians, Vegans, Age, Life style



**Medium Practical skills**  
Bolognese, Fishcakes, Burgers, Sausage rolls, Bread



**Allergens and intolerances**  
14 Food allergies, Lactose and Coeliac



## KS3- KS4/5 Subject

### KS3

#### Skills Learnt:

- ❖ Safe working practices and safety legislation.
- ❖ Working properties of Ingredients.
- ❖ Analysis & problem solving.
- ❖ Innovating solutions.
- ❖ Dexterity- Working with care and precision using tools & equipment.
- ❖ Planning a sequence of operations:
- ❖ Quality Control & Assurance Systems.
- ❖ Resilience:- Overcoming a problem using a wide range of strategies.

Year 9

**Sustainability**  
Food miles, seasonality, Locality



**Complex practical skills**  
Quiche, Pasty, Pizza, Curry, Lasagne



**International foods**  
Italy, India, France, UK, Chinese



Year 10



**The EHO**  
Describe the role of the EHO



**Food Choice**  
Seasonality, Dietary needs, Trends, cost, location, skills



**Nutrition**  
The Eatwell guide, Micro and Macronutrients

Year 11



**Environment**  
Food miles, Recycle, Reuse, Reduce



**Health and safety**  
Demonstrate how a business can meet health and safety standards



**Hospitality and catering providers**  
Understanding the industry



**Unit 2 Internal Assessment**  
Plan, Produce and Present 2 dishes



**Unit 1/ L02**  
How the hospitality and catering providers operate



**Unit 1/ L04**  
Food safety in hospitality and catering

### KS4/5

#### Skills Learnt:

- Practical Skills:
- Preparation: Blending, Marinating, Melting, Kneading, Measuring, Mixing, Rub-in, Rolling, Skinning, Crimping, Laminating, Bain-marie, Piping, Shaping, Aeration
- Knife Techniques: Brunoise, Julienne, Mincing, Deboning, Filleting
- Cooking Techniques: Griddling, Reduction, Roasting, Sautéing, Setting, Steaming, Stir-frying, Blind baking, Caramelisation, Deep Frying, Poaching

Year 12

**Unit 1/ L01**  
The hospitality and catering environment



**Unit 1/ L03**  
How hospitality and catering meets Health and Safety



**Unit 1 Exam**  
Understanding the industry



**Unit 2**  
Investigation preparation and research



**Nutrition**  
Nutritional needs of humans



**Nutrition**  
Protein, Carbohydrates, Fats, Vitamins and Minerals

Year 13



**Food production**  
Effects on nutrition



**Unit 1 - Controlled assessment**  
Designing a menu



**Food Safety**  
Micro organisms and food safety



**Unit 2**  
Ensuring food is safe to eat Revision



**Unit 3**  
Investigation - Set success criteria for scientific investigations



**Unit 3**  
Record outcomes of investigative work

**Unit 2**  
Exam



**Unit 3**  
Obtain outcomes from scientific investigations



**Unit 3**  
Process data

