



FOOD TECHNOLOGY CURRICULUM MAP


Food and Nutrition teaches both the theory and practical skills which prepare students for adulthood. Students are strongly encouraged to adapt recipes to meet their own dietary requirements, enriching their relationship with food and nutrition.

The subject develops a range of skills such as time-management, independence, creativity, fine motor skills as well as teamwork, which are vital for all learning and excellent life skills.




GCSE HIGHLY-SKILLED ADVANCED RECIPES

- Choux / Ruff Puff Pastry
- Sweet & Savoury Pastry
- Jointing a Chicken
- Filleting a Fish
- Baked & Gelatine set
- Cheesecake
- Naan & Pitta
- Presentation skills



Year 9 ADVANCED RECIPES

- Fajitas / Stir Fry
- Risotto / Sweet & Sour
- Spicy Rice / Jambalaya
- Curry
- Millie's Cookies
- Lasagne / Meatballs
- Fruit pie / Brownie




Year 8 INTERMEDIATE RECIPES

- Tear 'n' Share Bread
- Pasta Bake
- Chilli Con Carne
- Cottage Pie
- Cheesecake
- Gingerbread
- Chocolate Tarts
- Pizza Scrolls



Year 7 BEGINNER RECIPES

- Fruit Crumble
- Bolognese Sauce
- Chicken Goujons
- Sausage Rolls
- Dorset Shortbread
- Chocolate Cake
- Pizza



GCSE YR 9 YR 8 YR 7	<p>Demonstrate knowledge & understanding of functional & nutritional properties, sensory qualities & microbiological food safety considerations when preparing, processing, storing, cooking & serving food</p>	<p>Understand the relationship between diet, nutrition & health, including the physiological & psychological effects of poor diet & health</p>	<p>To independently demonstrate a wide range of highly technical culinary skills by planning, preparing & cooking a variety of food commodities</p>	<p>Analysing detailed sensory analysis & acting upon constructive feedback to create an accurate specification/product for a chosen target group</p>
	<p>Review hygiene & safety rules in the kitchen, prevention of cross-contamination, creating personal food labels</p>	<p>Protein, fat, vitamins & minerals, requirements of special dietary groups</p>	<p>Follow a medium skill recipe independently, time-management, multi-tasking using 2 hobs and/or an oven simultaneously, portion size, seasoning, presentation</p>	<p>Detailed & justified sensory analysis, self/peer evaluation, constructive feedback & target setting using subject specific keywords</p>
	<p>Review hygiene & safety rules in the kitchen, prevention of cross-contamination, understanding food legislation</p>	<p>Nutritional analysis, carbohydrates & fibre</p>	<p>Kneading, gelatinisation, multi-tasking using 2 hobs simultaneously, bain-marie, basic sauces & presentation</p>	<p>Sensory analysis, self/peer evaluation, constructive feedback & target setting</p>
	<p>Hygiene & safety rules in the kitchen, food storage & action of micro-organisms, prevention of cross-contamination</p>	<p>Introduction to 'Eatwell Guide' & 'Government's Dietary Guidelines'</p>	<p>Organisation, claw & bridge grip, using the hob & oven, shaping, rolling, cutting & presentation</p>	<p>Basic sensory analysis, self-evaluation, constructive feedback & target setting</p>
	<p>HEALTH & SAFETY</p>	<p>NUTRITION</p>	<p>CULINARY SKILLS</p>	<p>EVALUATION</p>

Valuable Life skills
 Organisation Teamwork Resilience Independent working Communication