

Subject: Food Technology Year 8 Ability All

Term / Date(s)	HT1, 3 and 5	HT2, 4 and 6
Topic	Theory – Hygiene & Safety Practical – Practical cooking methods	Theory – Eatwell Guide – Macronutrients & Labelling Practical – Practical cooking methods
Topic overview Pupils will learn...	<ul style="list-style-type: none"> To re-cap knowledge of food hygiene and safety. To understand the risks surrounding cross-contamination and food poisoning. To understand Hygiene & Safety procedures in a professional kitchen. To understand the importance of temperatures and the risks associated. To understand the importance of fridge organisation and the risks surrounding cross-contamination. To understand Health and Safety signage and UK law. 	<ul style="list-style-type: none"> To re-cap knowledge of the Eatwell Guide in relation to a healthy, balanced diet. To understand Macronutrients. To have a deeper understanding of the Eatwell Guide. To understand food labelling.
Components	<ul style="list-style-type: none"> Students will identify risks in a professional kitchen and suggest appropriate control methods. Students will understand the importance of accurate temperature checks in a kitchen. Students will understand the 'Danger zone'. Students will understand the importance of fridge organisation to prevent cross-contamination. Students will understand a range of Health and Safety signage in the UK. Students will understand the main sources of food poisoning and those categories most at risk. Students will understand what bacteria requires to multiply and grow. Students will apply their knowledge of temperatures to their understanding of bacteria growth. Students will look at a range of food poisoning bacteria's, their sources, symptoms, incubation periods and preventions. Students will use a range of cooking methods to create a wide range of mostly savoury dishes, this will include: Chopping methods, rubbing in, creaming. 	<ul style="list-style-type: none"> Students will be able to re-cap and reflect on the importance of the Eatwell Guide with relation to a healthy, balanced diet. Students will identify the different Macronutrients, understanding the functions of each. Students will evaluate the different sections of the Eatwell guide applying their knowledge of the Macronutrients. Students will understand the different sections of the Traffic light label and the importance of a healthy, balanced diet. Students will evaluate how the traffic light label can be used to help make healthier choices. Students will use a range of cooking methods to create a wide range of mostly savoury dishes, this will include: chipping methods, zesting and marinating.
Golden Knowledge	<ul style="list-style-type: none"> Understand the risks within a kitchen environment Understand and apply the term 'Control Measures' Understand what cross contamination is and how it can be prevented Understand key temperatures regarding food safety to understand how bacteria grows and how it can be controlled with temperatures Understand who is most at risk of food poisoning and why What conditions bacteria need to grow What are the main sources of food poisoning bacteria How food poisoning can be prevented Understand colours relating to signs To recognise health and safety signs and understand their meaning Cooking mince – browning. Creating a tomato based sauce – simmering / chopping Creaming / Folding Shaping / Evenly Separating Mixture Baking Rubbing in method / creating a dough Shaping the base 	<ul style="list-style-type: none"> Understand that macro nutrients are the large nutrients: carbohydrates, protein, fats Understand the foods sources of each macro nutrients Understand the function of each macro nutrient Understand the different types of each macro nutrient Zesting / Juicing Mixing / Combining Creating a marinade Browning chicken Chopping skills – Julienne / fine dice Chopping / Preparing Chicken Frying / Simmering Creating a biscuit base Whipping & folding ingredients Decorating a final product

What pupils should already know (prior learning components)	<ul style="list-style-type: none"> • Have a good knowledge of a healthy balanced diet. • Be able to plan a healthy balanced diet. • Be able to follow step-by-step instructions. • Be able to work well as a team. • Be able to follow a recipe / method. • Be able to work with independence. • Have a good knowledge of hygiene and safety. • Understand the importance of PPE. • Identify risks and apply control measures. 	<ul style="list-style-type: none"> • Have an understanding of the Eatwell Guide. • Have a good knowledge of a healthy balanced diet. • Be able to plan a healthy balanced diet. • Be able to follow step-by-step instructions. • Be able to work well as a team. • Be able to follow a recipe / method. • Be able to work with independence. • Have a good knowledge of hygiene and safety. • Understand the importance of PPE. • Identify risks and apply control measures.
Transferrable knowledge (skills)	<ul style="list-style-type: none"> • Be able to follow step-by-step instructions. • Be able to work well as a team. • Be able to follow a recipe / method. • Be able to work with independence. • Have a good knowledge of hygiene and safety. • Understand the importance of PPE. • Identify risks and apply control measures. • Create a range of healthy dishes. 	<ul style="list-style-type: none"> • Have a good knowledge of a healthy balanced diet. • Be able to plan a healthy balanced diet. • Be able to follow step-by-step instructions. • Be able to work well as a team. • Be able to follow a recipe / method. • Be able to work with independence. • Have a good knowledge of hygiene and safety. • Understand the importance of PPE. • Identify risks and apply control measures. • Create a range of healthy dishes.
Key vocabulary pupil will know and learn	Health & Safety, Personal Protective Equipment (PPE), Method, Recipe, High Risk Ingredients, Quantity, Ingredient, Prepare, Grate, Chop, Cross-Contamination, Crush, Allergens, Weight, Equipment, Skills, Storage, Sweet, Savoury Practical, Baking. Risks, Control Measures, Salmonella, Listeria, E-Coli, Campylobacter, Symptoms, Bacteria, Incubation, Prevention.	Health & Safety, Personal Protective Equipment (PPE), Method, Recipe, High Risk Ingredients, Quantity, Ingredient, Prepare, Grate, Chop, Cross-Contamination, Crush, Allergens, Weight, Equipment, Skills, Storage, Sweet, Savoury Practical, Baking. Risks, Control Measures, Traffic Light Label, Fat, Saturates, Sugars, Salt, Energy, Calories, Nutrients
Assessment activities	Assessing practical outcomes Assessment of booklet work Verbal assessment Assessment of practical and written tasks 'I do, we do, you do'	Assessing practical outcomes Assessment of booklet work Verbal assessment Assessment of practical and written tasks 'I do, we do, you do'
Resources available	PowerPoints and resources on shared area. Classwork booklet. Recipe / Homework booklet.	PowerPoints and resources on shared area. Classwork booklet. Recipe / Homework booklet.