

Subject: Food Technology      Year 9      Ability All

Term / Date(s)	HT 1	HT2	HT3
Topic	Health and safety - Foods that can cause ill health	Nutrition and health - Understanding the food I eat	Planning and evaluating
Topic overview Pupils will learn...	<ul style="list-style-type: none"> <li>Work safely and hygienically developing a range of cooking skills, using processes and equipment to make a range of predominantly healthy savoury dishes</li> <li>Develop an understanding of the structure and practices in the hospitality and catering industry</li> <li>Develop an understanding of COSHH and HACCP and their importance within a practical environment</li> </ul>	<ul style="list-style-type: none"> <li>Working safely and hygienically developing a range of cooking skills, using processes and equipment to develop a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet</li> <li>Develop knowledge of micronutrients and their function and food sources</li> <li>Develop knowledge of specialist diets and dietary advice for different age groups</li> </ul>	<ul style="list-style-type: none"> <li>become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes</li> <li>select from and use a wider, more complex range of materials, components and ingredients, considering their properties</li> <li>Test, evaluate and refine their ideas and products against a sensory specification and evaluating their final outcome.</li> </ul>
Components	<ul style="list-style-type: none"> <li>Students will be able to confidently use knife skills safely when preparing a range of ingredients</li> <li>Use equipment safely and skilfully including the oven and hob and other electrical equipment</li> <li>Students will recap knowledge about food hygiene and safety: personal hygiene, risk assessments and cross contamination and food poisoning being able to apply their knowledge in a practical situation i.e. selecting the correct colour chopping board</li> <li>Students will develop knowledge of different food poisoning bacteria and how food poisoning can be prevented including key temperatures, chilling, cooking and cooling food</li> <li>Able to follow a method to make products (students are given a recipe booklet at the start of the project) to be able to work independently and have successful products</li> </ul>	<ul style="list-style-type: none"> <li>Able to follow a method to make products (students are given a recipe booklet at the start of the project) to be able to work independently and have successful products</li> <li>Students will investigate the functions of nutrients in the body to help understand how useful different foods are when planning menus for groups of people with specific dietary needs</li> <li>Understand the macro and micronutrients and the effects if there is too much (excess) or too little (deficiency) within the diet</li> </ul>	<ul style="list-style-type: none"> <li>Able to follow a method to make products (students are given a recipe booklet at the start of the project) to be able to work independently and have successful products</li> <li>Students will evaluate their own products using sensory words so that they can improve their awareness of taste, texture and smell</li> <li>Students will evaluate their work regarding health and safety, skills and improvements</li> </ul>
Golden Knowledge	<ul style="list-style-type: none"> <li>Understand the symbols associated with COSHH</li> <li>Apply knowledge of HACCP to write a risk assessment for the food room</li> <li>understand the role of the Environmental Health Officer</li> <li>understand ratings and standards within the food industry</li> </ul> <p>Chilli con carne</p> <ul style="list-style-type: none"> <li>Making a sauce</li> <li>Chopping- dicing, grating, slicing</li> <li>Sauteing, Frying, Simmering</li> <li>Browning mince</li> </ul>	<ul style="list-style-type: none"> <li>Understand the micronutrients within the Eatwell Guide</li> <li>investigate a range of specialist diets</li> </ul> <p>Jerk chicken kebabs</p> <ul style="list-style-type: none"> <li>Creating the marinade</li> <li>Threading meat/alternative and vegetables onto a skewer</li> </ul> <p>Key lime pie</p> <ul style="list-style-type: none"> <li>Using acidity as a setting agent</li> <li>Crushing</li> </ul>	<ul style="list-style-type: none"> <li>Develop evaluation skills understanding how to evaluate dishes against criteria and create sensory evaluations</li> </ul> <p>Pasta dough</p> <ul style="list-style-type: none"> <li>Creating fresh pasta dough</li> <li>Shaping fresh pasta into Tortellini / Linguine</li> </ul> <p>Chicken goujons</p> <ul style="list-style-type: none"> <li>breeding chicken</li> <li>Coating food in Flour, Egg &amp; Breadcrumbs to make a coating.</li> <li>Cutting methods – Baton.</li> </ul>

	<p>Filed biscuits</p> <ul style="list-style-type: none"> <li>Using the Creaming Method</li> <li>Shaping, rolling and Cutting Dough</li> <li>Decorating/filling</li> <li>Marinading chicken / vegetarian alternative</li> <li>Chopping skills- large dice</li> </ul>	<ul style="list-style-type: none"> <li>Whisking / Zesting / Juicing</li> </ul> <p>Bread dough</p> <ul style="list-style-type: none"> <li>Kneading / Proving</li> <li>Shaping / Baking</li> <li></li> </ul>	<p>Practical group work</p> <ul style="list-style-type: none"> <li>testing out ingredients for a range of specialist diets and evaluating results</li> </ul>
What pupils should already know (prior learning components)	<ul style="list-style-type: none"> <li>Good knowledge food hygiene and safety practices</li> <li>Knowledge of personal hygiene and how poor hygiene could cause food poisoning</li> <li>A good range of basic baking/cooking skills/preparation of ingredients</li> <li>Be able to select appropriate equipment</li> <li>Be able to follow step by step instructions (recipes)</li> <li>Know some sensory words and how to evaluate work</li> </ul>	<ul style="list-style-type: none"> <li>Some knowledge of healthy and unhealthy foods</li> <li>Have some knowledge of macro and micronutrients</li> <li>Good understanding of hygiene and safety</li> <li>Be able to use equipment and tools safely</li> <li>A good knowledge of sensory words</li> <li>Able to plan and follow recipes</li> <li>Some knowledge of food provenance</li> <li>Good knowledge of ingredients</li> </ul>	<ul style="list-style-type: none"> <li>Able to confidently follow recipes</li> <li>A good knowledge of sensory words</li> <li>An understanding that certain products may or may not be suitable for different groups of people</li> <li>An understanding of how to combine ingredients to produce a successful outcome</li> </ul>
Transferrable knowledge (skills)	<ul style="list-style-type: none"> <li>Being able to work independently</li> <li>Following a method for a recipe</li> <li>Team work</li> <li>Planning skills</li> <li>Replicate and adapting recipes</li> <li>Being able to apply skills and use equipment to make other recipes</li> </ul>	<ul style="list-style-type: none"> <li>Apply knowledge to their own diet</li> </ul>	<p>Be able to work as team</p> <p>Being able to independently cook recipes</p> <p>Being able to evaluate recipes</p>
Key vocabulary pupil will know and learn	Hygiene, Safety, Seasonal, Bacteria, Cross-Contamination, High Standards, Equipment, Cooking Methods	Dietary Needs, Allergies, Functions of Ingredients, Eatwell Guide, nutrients, balanced diet, food labeling	Quality control, method, timings, taste, smell, texture, sensory appeal, functions of ingredients, evaluation, specification, analysis
Assessment activities	Assessing practical outcomes and practical skills Assessment of booklet work Verbal assessment of practical and written tasks Epic time end of mini topics – hygiene and safety	Epic time end of mini topics – hygiene and safety and Eatwell Guide	Assessing practical outcomes Assessment of booklet work Verbal assessment Assessment of practical and written tasks
Resources available	Student booklets Student homework and recipe booklets PowerPoints Recipe cards	Student booklets Student homework and recipe booklets PowerPoints Recipe cards	Student booklets Student homework and recipe booklets PowerPoints Recipe cards