



Food Technology - Curriculum Overview (Current Y10 and below)

	Autumn 1 Sep-Oct	Autumn 2 Nov-Dec	Spring 1 Jan-Feb	Spring 2 Feb-Mar	Summer 1 Apr-May	Summer 2 Jun-Jul
Rec	Throughout the year children in Reception will be helping to bake. EYFS: Use readymade ingredients to mix and handle hygienically.					
	Autumn term - Manage their own hygiene by washing and drying their hands. Food tasting whilst learning about Diwali. Christmas buffet. Buttering bread/toast.		Spring term - Observing food plants growing. Children to try a variety of healthy food grown at school/locally. Begin to discuss the ways on which we stay healthy and safe. Food tasting for Chinese New Year Kneading and rolling out dough		Summer Term - They can say why we need to stay healthy and safe. Children understand and make healthy choices in relation to healthy eating and exercise. Crush biscuits or Weetabix to make a cake – Weetabix Cake	
Year 1	Art Curriculum	Textiles: (Weaving) Dream catchers	Art Curriculum	Mechanisms: Cards with a Slider	Art Curriculum	Cooking: Pizza making (with ready made resources)
Year 2		Cooking: Fruit Salads (cutting fruit)		Textiles: Glove puppet		Mechanisms: Windmills (axel mechanism)
Year 3		Textiles: Tents		Mechanism's: Pneumatic toy		Cooking: Scones
Year 4		Mechanisms: Pulley		Textiles: Worry Doll		Cooking: Blackberry Fool Desert
Year 5		Cooking: Bread		Mechanisms: Playground toy		Textiles: Phone case



Year 6		Mechanisms: CAMS Toy		Textiles: Cushion Covers		Cooking: Chunky Chili
Year 7	Introduction to Food (rotation - 18 weeks) • Eatwell guide • Health and safety in the food room • Food origin • Seasonality • Basic skills including knife skills, grating, weighing and measuring • Basic cooking techniques include using the hob, grill and oven • Basic evaluation					
Year 8	Developing our knowledge and skills (rotation – 18 weeks) • Nutrition – sources and function • Multicultural foods • Food distribution and food waste • SEMs issues – religious diets and moral diets • More developed cooking skills including shaping, making sauces and cake making • Evaluation and recommendations for improvements					
Year 9	More advanced knowledge and skills (rotation - 18 weeks) • Food poisoning • Food allergies • Cooking skills including advanced shaping, making a yeast dough, knife skills to include consistency, finishing techniques and making/working with pastry • Evaluation and improvements for special diets					



Year 10 Level 1/2 Technical Award (plan may change based on needs of the set)	Unit 2 1. Understanding the importance of nutrition 2. Fish/Poultry cookery 3. Pastry cookery Unit 1 1. Hospitality and Catering Providers 2. Food safety 3. Food related causes of ill health	Unit 2 1. Understanding the importance of nutrition 2. Skills including deboning chicken, whisked sponge, food probe, presentation Unit 1 1. Symptoms and signs of food-induced ill health 2. Preventative control measures for food-induced ill health	Unit 2 1. Menu planning 2. High level skills recap (time permitting) Unit 1 1. Health and safety in Hospitality and Catering provision.	Unit 2 1. Menu planning 2. High level skills recap – for controlled assessment Unit 1 1. Working in the Hospitality and Catering industry	Unit 2 1. Evaluating cooking skills 2. Developing skills in layered desserts Unit 1 1. Working conditions 2. Contributing factors to the success of hospitality and catering provision 3.	Unit 2 1. Evaluating cooking skills 2. Producing full meals Unit 1 1. Operation of Front and Back of House
	Year 11 Level 1/2 Technical Award (plan may change based on	Unit 2 1. Preparation for controlled assessment	Unit 2 1. Controlled assessment	Unit 1 1. The environmental health officer	Unit 1 2. Customer requirements 3. Hospitality and Catering provision to meet specific requirements	Revision

needs of the set)						
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Curriculum Intent:

Food is a vital part of our daily lives and is essential for life.

As our students become adults they will inevitably have busy lives whereby it would be easy for them to choose food which has been ready prepared. However, it is more nutritious and often cheaper to cook simple, delicious food. At Christ's College, we want pupils to recognise that they are made in God's image and therefore need to care for themselves as God intended us to do so. Students will develop their knowledge and understanding of healthy eating, nutrition, food origin, food preparation, hygiene, cooking techniques, and sensory characteristics which will help them to achieve this. Through these key concepts, we aim to give our students vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life.

We also encourage the development of our core virtues in a safe environment, allowing students to demonstrate resilience and act on feedback.

We also aim for students to understand the role of food and cooking in society: We aim to develop understanding that will allow students to become conscious consumers of food products, enabling them to participate in society in an active and informed manner. We will encourage students to understand the environmental factors which affect the inequalities in food distribution on a global scale and give them an understanding of the need to minimise 'food waste' starting with their own practise. We aim to allow students to explore a number of multicultural perspectives concerning food. The local area does not have huge pockets of multiculturalism therefore we aim for students to enhance their understanding, appreciation and acceptance of people from a variety of cultural backgrounds through the preparation of food from different countries this should also encourage our students to develop an awareness and acceptance of diversity within our community.

Aims:

Understand and apply the principles of nutrition and health

Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet

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]

Understand the source, seasonality and characteristics of a broad range of ingredients

Develop knowledge, skills and understanding related to the characteristics of real work in the Hospitality and Catering sector for pupils opting for the subject at KS4