

FOOD TECHNOLOGY-Key Stage 3

Teacher: Brian Cunningham

Food Technology encompasses health, hygiene, nutrition, and food science as well as food preparation. During lessons pupils who have certain allergies are supplied with their own ingredients to enable them to complete the same tasks as the rest of the group. Students develop food preparation and cooking skills as well as the transferable skills of problem solving, organisation and time management, planning and communication. Throughout the course students develop their food preparation development skills and complete many different methods of cooking during that time. The students are also involved in preparing food to sell and raise funds for charity events such as 'Wear a hat day' and 'Mental Health awareness day'. In addition, students are also involved in preparing for a coffee morning with the funds raised contributing to a leavers fund which helps pay for the year 11 leavers trip at the end of the summer term.

Schemes of work: Year 7 and 8

Year 8 pupils repeat learning from year 7 to improve their basic skills learned

Autumn	Spring	Summer
<p>Week 1</p> <p>Practical – Homemade Pizza</p> <p>Pupils learning – Kneading and proving Accurate weighing and measuring using balance scales</p> <p>Overview - Pupils learn the skill of kneading to bring the dough together, develops the strands of gluten creating a strong dough before proving. Proving is the doughs final rise that happens after shaping and just before baking.</p>	<p>Week 1</p> <p>Practical – Muffins</p> <p>Pupils learning - The creaming method Accurate weighing and measuring using balance scales</p> <p>Overview – This is recap of last term repeating the skill of creaming.</p>	<p>Week 1</p> <p>Practical – Homemade Pizza</p> <p>Pupils learning – Recap of prior learning, kneading and proving</p> <p>Overview - Pupils work independently preparing a pizza of their choice using skills learned from previous lessons.</p>
<p>Week 2</p> <p>Practical – Iced Vanilla Muffins</p> <p>Pupils learning – The creaming method/mixing</p> <p>Overview - Pupils learn to beat the fat and sugar together until the mixture for their muffins is light in colour and has increased in volume. It is important for creating air and helps to produce light and fluffy muffins. In addition they learn how to mix and decorate with basic icing.</p>	<p>Week 2</p> <p>Practical – Cottage Pie</p> <p>Pupils learning – Knife Skills, Boiling and shallow frying</p> <p>Overview - Pupils learn that mastering basic knife skills is one of the most essential parts of food preparation. A sharp knife allows you to work safer. Boiling is a key cooking method used for cooking pasta, rice, stews, sauces and countless other foods and recipes. Shallow frying is a hot oil based cooking technique.</p>	<p>Week 2</p> <p>Practical – Chicken stir-fry</p> <p>Pupils learning – Shallow frying/Food safety/hygiene using correct equipment</p> <p>Overview - Pupils will work safely using the correct tools and equipment to prepare a stir fry using a wok and the shallow frying cooking method.</p>
<p>Week 3</p> <p>Practical – Chocolate Brownies</p> <p>Pupils learning – Melting and mixing method</p> <p>Overview - In the melting method the butter or fat and sugar are melted together in a bain marie before adding the rest of the ingredients.</p>	<p>Week 3</p> <p>Practical – Scones/Shaping</p> <p>Pupils learning – Rubbing in method</p> <p>Overview - This is a recap of the rubbing method to prepare a different product</p>	<p>Week 3</p> <p>Practical – Fresh fruit salad</p> <p>Pupils learning – Recap of prior learning using a knife safely.</p> <p>Overview - Pupils will prepare a variety of fresh fruits using different cutting methods to create the dish.</p>
<p>Week 4</p> <p>Practical – Homemade bread plait</p> <p>Pupils learning – Kneading, proving and shaping Accurate weighing and measuring</p> <p>Overview - This is a recap of the kneading method to make a different product using the same technique. Plait means to braid or interweave and this technique is used to create a bread loaf.</p>	<p>Week 4</p> <p>Practical – Meatballs and pasta sauce</p> <p>Pupils learning – Frying and simmering.</p> <p>Overview - Pupils use many skills in this recipe. Frying is a method of cooking that uses a small amount of oil and for this recipe we use a Wok to cook the meatballs. Another method in this recipe is simmering which is a method of cooking that uses a moderate heat to gently soften foods while slowly combining seasonings and ingredients. It's often used for soups, stews and slow cooking meat.</p>	<p>Week 4</p> <p>Practical – Homemade burgers and wedges</p> <p>Pupils learning – Roasting and cooking safely on a BBQ</p> <p>Overview - Pupils will learn how to prepare fresh meat and work safely on a gas fired Barbeque, weather permitting.</p>
<p>Week 5</p> <p>Practical – Mixed fruit jam drops</p> <p>Pupils learning – Rubbing in method / Shaping and Baking</p> <p>Overview - Pupils learn to mix flour with fat by gently rubbing between the fingertips and thumbs, continuing until the mixture resembles coarse breadcrumbs</p>	<p>Week 5</p> <p>Practical – Spanish Omelette</p> <p>Pupils learning – Knife skills, peeling and chopping – grilling.</p> <p>Overview - Grilling is a form of cooking that involves dry heat applied to the surface of food, commonly from above. This dish is cooked in an Omelette pan and finished off under the grill. The two methods of working with the knife is demonstrated by using the claw and bridge method.</p>	<p>Week 5</p> <p>Practical – Raspberry and coconut tarts</p> <p>Pupils learning – Recap of rubbing in and creaming methods</p> <p>Overview - Pupils will learn how to combine two methods of cooking to prepare one product using skills learned in previous lessons.</p>
<p>Week 6</p> <p>Practical – Homemade sausage rolls</p> <p>Pupils learning – Rubbing method/shaping and baking</p> <p>Overview - Pupils will learn to make shortcrust pastry using the rubbing method. The pastry will then be rolled and filled with sausage meat and shaped before baking.</p>	<p>Week 6</p> <p>Practical – Curry and Rice</p> <p>Pupils learning – Food Safety/hygiene Frying, boiling</p> <p>Overview - Good food safety and hygiene practices in this dish is shown by using the correct coloured chopping boards for each food item which is essential to reduce the risk of food poisoning. This dish is prepared using the frying and boiling methods of cooking.</p>	<p>Week 6</p> <p>Practical – Cornish pasties</p> <p>Pupils learning – Recap of knife skills, peeling, chopping and frying</p> <p>Overview - Pupils will use skills learned in previous lessons and combine those skills to produce a Cornish pasty.</p>
<p>Week 7</p> <p>Practical – Pupils choice</p>	<p>Week 7</p> <p>Practical – Pupils choice</p>	<p>Week 7</p> <p>Practical – Pupils choice</p>

<p>Pupils learning – Pupils choose from a range of options they have prepared this term</p> <p>Overview - Pupils will work independently to select their favourite task from a previous lesson this term using a recipe sheet.</p>	<p>Pupils learning – Pupils choose from a range of options that demonstrate their new skills .</p> <p>Overview - Pupils will work independently to select their favourite task from a previous lesson this term using a recipe sheet.</p>	<p>Pupils learning – Pupils choose from a range of options that they have prepared this term.</p> <p>Overview - Pupils will work independently to select their favourite task from a previous lesson this term using a recipe sheet</p>
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Schemes of work: Year 9 :- Students are developing skills and learning more about the subject with a view to perhaps choosing Food Technology as an option in Key stage four.

Autumn	Spring	Summer
<p>Week 1</p> <p>Practical – Homemade Pizza</p> <p>Pupils learning– Kneading and proving Accurate weighing and measuring using balance scales</p> <p>Overview - Pupils are working more independently using skills developed in years 7 and 8</p>	<p>Week 1</p> <p>Practical – Muffins and shortbread</p> <p>Pupils learning – Rubbing in/creaming/time management</p> <p>Overview - Pupils use their skills and knowledge to complete two tasks using two methods of cooking. Time management is also an important part of this task.</p>	<p>Week 1</p> <p>Practical – Raspberry and white chocolate muffins</p> <p>Pupils learning– Creaming method</p> <p>Overview - Pupils follow a recipe and complete this task independently</p>
<p>Week 2</p> <p>Practical – Viennese Whirls</p> <p>Pupils learning – Creaming and mixing methods. Piping skills</p> <p>Overview - Pupils prepare the biscuit dough by following a recipe and then practice piping the mixture into uniform size.</p>	<p>Week 2</p> <p>Practical – Lasagne and garlic Focaccia bread</p> <p>Pupils learning – Frying/kneading/proving/sauce making/knife skills</p> <p>Overview - Pupils are combining a multiple of skills to produce this complete meal.</p>	<p>Week 2</p> <p>Practical – Chunky chicken and vegetable pie</p> <p>Pupils learning – Rubbing in/frying/boiling/knife skills/food safety</p> <p>Overview - Pupils will learn the order of working when preparing different products before combining them into a complete dish.</p>
<p>Week 3</p> <p>Practical – Chicken stir fry</p> <p>Pupils learning – Shallow frying/food safety/hygiene using correct equipment</p> <p>Overview - Following a demonstration, pupils will work independently to complete the preparation and cooking of this dish</p>	<p>Week 3</p> <p>Practical – Mini Victoria Sponges</p> <p>Pupils learning – Creaming/all in method</p> <p>Overview - Pupils will use the above methods of cooking to prepare individual Victoria sponges and compare the taste, texture and appearance of the products</p>	<p>Week 3</p> <p>Practical – Fresh fruit salad</p> <p>Pupils learning – Where does fruit come from worksheet/Knife skills/simple garnish</p> <p>Overview - Pupils will learn where fruit comes from and how to prepare it using knife skills safely.</p>
<p>Week 4</p> <p>Practical – Chocolate Brownies</p> <p>Pupils learning – Melting and mixing method</p> <p>Overview - Pupils follow the recipe independently, including collecting equipment, ingredients and lining the baking tin.</p>	<p>Week 4</p> <p>Practical – Spanish omelette</p> <p>Pupils learning – Knife skills/peeling and chopping/boiling/‘grilling’</p> <p>Overview –Grilling is a form of cooking that involves dry heat applied to the surface of the food, commonly from above. This dish is cooked in an omelette pan and finished under the grill. A recap of the two methods of working with a knife ‘bridge and claw’ is demonstrated in this lesson.</p>	<p>Week 4</p> <p>Practical – Homemade Beef burgers and spicy wedges</p> <p>Pupils learning – Knife skills/shallow frying and roasting</p> <p>Overview - Pupils will prepare a burger using fresh raw meat and various seasonings before cooking. They will also learn how to prepare wedges using fresh potatoes</p>
<p>Week 5</p> <p>Practical – Mini bread products</p> <p>Pupils learning – Kneading, proving and shaping Accurate weighing and measuring</p> <p>Overview - Pupils will prepare fresh bread dough and divide it equally to make mini bread products</p>	<p>Week 5</p> <p>Practical – Biscuit making</p> <p>Pupils learning – Rubbing in Rolling/and time management</p> <p>Overview - Pupils will make at least two types of biscuits from a choice of four and work independently to produce this task.</p>	<p>Week 5</p> <p>Practical – Apple and mixed berry crumble</p> <p>Pupils learning – Knife skills/Boiling/rubbing in/baking</p> <p>Overview - Pupils will learn how to prepare fruit to be used in this traditional hot pudding</p>
<p>Week 6</p> <p>Practical – Homemade Quiche Lorraine</p> <p>Pupils learning – Rubbing in/knife skills/rolling pastry/baking</p> <p>Overview - Pupils will be using skills previously learned to complete this dish</p>	<p>Week 6</p> <p>Practical – Cottage pie</p> <p>Pupils learning – Knife skills/boiling/frying and piping</p> <p>Overview - Pupils follow various demonstrations throughout this task, combining skills to produce an individual cottage pie.</p>	<p>Week 6</p> <p>Practical – Healthy chicken goujons with homemade coleslaw</p> <p>Pupils learning – Knife skills/baking/food safety</p> <p>Overview - Pupils will work safely to avoid cross contamination when preparing these dishes. The goujons when prepared will be baked in the oven while the coleslaw is being prepared,</p>
<p>Week 7</p> <p>Practical – Pupils choice</p> <p>Pupils learning – Pupils choose from a range of options they have prepared this term</p> <p>Overview - Pupils will work independently to select the task of their choice in this lesson.</p>	<p>Week 7</p> <p>Practical – Pupils choice</p> <p>Pupils learning – Pupils choose from a range of options they have prepared this term.</p> <p>Overview - Pupils will work independently to select a task of their choice in this lesson.</p>	<p>Week 7</p> <p>Practical – Pupils choice</p> <p>Pupils learning – Pupils choose from a range of options they have prepared this term.</p> <p>Overview - Pupils will work independently to select a task of their choice in this lesson.</p>

Careers in Design Technology:

1438_FoodandNutrition_Final.pdf (careersandenterprise.co.uk)

