

FOOD TECHNOLOGY-Key Stage 4

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.

Year 10

The Food Wise Asdan short course for Key stage four enables students to learn what is meant by healthy eating and wellbeing, learn and demonstrate the skills and techniques needed to cook, gain an understanding of the importance of sustainability and cooking on a budget and learn about aspects of the food industry and how it works.

Autumn Theory	Autumn Practical	Spring Theory	Spring Practical	Summer Theory	Summer Practical
<ul style="list-style-type: none"> • Introduction to Asdan • Module 1 Healthy Eating • Plan a simple one pot meal • Evaluate the nutritional value of the one pot meal. Using the traffic lights system. • Explain how you modified a sausage roll using the Explore Website • Taste shop bought Sausage rolls. Complete the sensory test • Complete the list of fruit and vegetables. Name that fruit worksheet and complete the portion size plate • Module 2- Basic Food Safety • Describe how food should be stored in a fridge • Look into use by and best before. • Describe how food should be stored in a fridge • Look into use by and best before. • Describe how food should be stored in a fridge 	<ul style="list-style-type: none"> • Module 1- Healthy Eating • <u>Pizza-</u> • Kneading and proving • Accurate weighing and measuring • Following a recipe • <u>Cook a one pot meal!</u> Shallow frying, Knife skills • <u>Sausage rolls,</u> Rubbing In, Accurate Weighing and measuring, Follow a recipe • <u>Make Healthy sausage rolls,</u> Complete relevant sensory test, following a recipe. • <u>Chocolate Brownies,</u> • <u>Melting method</u> Accurate weighing and measuring, Following a recipe. • <u>Viennese Whirls,</u> • Accurate weighing and measuring, Following a recipe, • Module 7 – Practical cooking skills • Baking and preparation • <u>Carrot cake muffins</u> • Creaming and mixing • Following a recipe 	<p>Module 3- Food Preparation and Presentation</p> <p>Complete any work from Module 1 & 2</p> <ul style="list-style-type: none"> • Children and Vegetables. Plan a meal with plenty of fruit and Vegetable • Different knife techniques and what they are used for. • Knife Safety Poster • Look at food art websites. Create food art collage • Microwave cooking worksheet • Microwave taste testing 	<p>Module 7 – Practical Cooking Skills</p> <ul style="list-style-type: none"> • <u>All Day Breakfast-</u> • Frying • Grilling and poaching • <u>Peach and Butterscotch Pudding –</u> • Accurate weighing and measuring • Following a recipe • Mixing and creaming • <u>Simple Garnishes</u> • Three simple garnishes that would improve the presentation of meals and make them more attractive • <u>Victoria Sponge-</u> • Accurate Weighing and Measuring • Following a Recipe • Creaming • <u>Pupils Choice</u> • Pupils choose their own product to cook using the skills they have learned this term • <u>Fresh Fruit Salad and Coleslaw-</u> • Knife Skills • Grating • Mixing 	<p>Module 7- Practical Cooking Skills</p> <p>Demonstrate a broad range of cooking skills and techniques. Plan and cook meals over a period of time.</p> <p><u>Preparation</u></p> <ul style="list-style-type: none"> • Accurate Weighing and Measuring of ingredients • Preparation of Fruit and Vegetables • Following a Recipe • Mixing • Knife Skills <p><u>Baking</u></p> <ul style="list-style-type: none"> • Creaming Method • Rubbing-in Method • Melting Method • Kneading and Proving <p><u>Cooking</u></p> <ul style="list-style-type: none"> • Boiling and Simmering • Frying • Grilling • Poaching • Roasting • Steaming 	<p>Module 7-Practical Cooking Skills</p> <ul style="list-style-type: none"> • <u>Raspberry and white Chocolate Chip Muffins</u> • Accurate weighing and measuring • Creaming • Following a recipe • <u>Vegetable Soup and fresh bread</u> • Kneading and proving • Knife skills • Boiling and simmering • Blending • <u>Burgers and Wedges</u> • Knife skills • Food safety, using a temperature probe • Shallow frying • Baking • <u>Choux Pastry</u> • Boiling and simmering • Mixing • Developing piping skills • <u>Warm Chicken Salad</u> • Knife skills • Food safety using a temperature probe • <u>Homemade Apple and Raspberry Crumble</u>

<ul style="list-style-type: none"> • Look into use by and best before. • Frozen food Star Markings • Create a poster, leaflet or display to show how someone should dress in the kitchen. PPE <p>Extra work</p> <ul style="list-style-type: none"> • Module 1B Carry out a survey on eating habits. • Complete the conclusion of the survey. <p>Investigate the Food Industry</p> <ul style="list-style-type: none"> • Job Roles • Food purchasing • Visits to Different catering establishments • Comparisons of fast food, plate service and family service 	<ul style="list-style-type: none"> • Accurate weighing and measuring <p>Preparation and cooking</p> <ul style="list-style-type: none"> • <u>Chicken Curry-</u> • Shallow Frying • Boiling and Simmering • Following a recipe • Knife Skills <p><u>Mixed fruit crumble</u></p> <ul style="list-style-type: none"> • Rubbing in method • Following a recipe • Boiling • Knife skills <p><u>Various small Quiches-</u></p> <ul style="list-style-type: none"> • Rubbing In Method • Knife Skills • Accurate weighing and measuring • Following a recipe <p><u>Viennese Whirls</u></p> <ul style="list-style-type: none"> • Creaming Method • Piping • Following a recipe • Weighing and measuring • <u>Xmas Baking</u> • Gingerbread, mince pies • Yule log • Following a recipe • Accurate weighing and measuring • Rubbing in method • Melting and Baking <p><u>Pupils Choice</u></p> <ul style="list-style-type: none"> • Pupils choose their own product to cook using the skills they have learned this term 	<ul style="list-style-type: none"> • Catch Up and complete any work from unfinished units • Recap of various topics covered this term 	<ul style="list-style-type: none"> • Combining ingredients <p><u>Spanish Omelette-</u></p> <ul style="list-style-type: none"> • Following a Recipe • Knife Skills • Shallow Frying and Boiling <p><u>Microwave Orange Dumplings-</u></p> <ul style="list-style-type: none"> • Accurate Weighing and Measuring, Following a recipe and Microwave cooking <p><u>Microwave Cooking</u></p> <ul style="list-style-type: none"> • Pupils will cook and taste various microwave products and compare cooking times, taste and value. <p><u>Lasagne-</u></p> <ul style="list-style-type: none"> • Following a Recipe- • Knife Skills • Shallow Frying <p><u>Three Simple food Garnishes-</u></p> <ul style="list-style-type: none"> • Knife Skills <p><u>Pupils Choice</u></p> <ul style="list-style-type: none"> • Pupils choose their own product to cook using the skills they have learned this term 	<p>Complete any unfinished Modules</p> <p>Extended task; Module 3- Food Preparation and Presentation</p> <p>Section B -6 Investigate at least four methods of making a cake, (eg creaming, all-in-one, rubbing-in, melting) Make a cake using each of the four methods and compare taste, texture, preparation/cooking time and appearance. Explain which method you preferred and why.</p>	<ul style="list-style-type: none"> • Boiling and simmering • Rubbing in • Baking • <u>Pupils choice</u> • Pupils choose their own product to cook using the skills they have learned this term • <u>Victoria Sponge</u> • Prepare a Victoria sponge using two different methods • <u>Roast Chicken Meal</u> • Roasting • Steaming • Boiling • Knife skills • Time management • <u>Mini Quiches</u> • Rubbing in • Knife skills • Grating • Mixing • Baking • <u>Biscuit preparation and baking</u> • Rubbing in • Mixing • Melting • Shaping • Baking • <u>Full English Breakfast</u> • Frying • Grilling • Poaching • Microwave cooking • Time management • <u>Pupils Choice</u> • Pupils choose their own product to cook using the skills they have learned this term
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Autumn Theory	Autumn Practical	Spring Theory	Spring Practical	Summer Theory	Summer Practical
<p>Module 5 Entertaining</p> <p>As a group, plan and organise a coffee morning. Show how you can work as a team to organise the event.</p> <p>Make a selection of biscuits and cakes to serve at the event.</p> <p>This term is about preparing various products using the original recipes but adapting them to different sizes and quantities for the coffee morning task.</p>	<p>Module 5 Entertaining and Module 7 Practical Cooking Skills</p> <ul style="list-style-type: none"> • <u>Mini Pizza –</u> • Kneading and proving • Accurate weighing and measuring • Following a recipe • <u>Mini Scones, shortbread and Finger Cookies-</u> • Accurate weighing and measuring • Following a recipe • Rubbing In • Creaming, Mixing • <u>Mini Muffins and Party food-</u> • Accurate weighing and measuring • Following- a Recipe • Rubbing In • Creaming and mixing • <u>Plan and prepare a one pot meal</u> • Meal to be prepared using various skill and in the budget set • <u>Mini Sausage rolls</u> • Rubbing In • Accurate Weighing and measuring • Follow a recipe • Mixing • <u>Mini Chocolate Brownies</u> • Melting method • Accurate weighing and measuring, • Following a recipe. • Shaping • <u>Mini Viennese Whirls</u> • Accurate weighing and measuring, Following a recipe, • Piping 	<p>Module 7- Practical Cooking skills</p> <p>Module 3 Food preparation and presentation.</p> <p>Section B -6 Investigate at least four methods of making a cake, (eg. creaming, all-in-one, rubbing-in, melting) Make a cake using each of the four methods and compare taste, texture, preparation/cooking time and appearance. Explain which method you preferred and why</p>	<p>Module 7 Practical Cooking Skills</p> <p><u>Various Bread Products</u></p> <ul style="list-style-type: none"> • Kneading and Proving • Following a recipe • Accurate weighing and measuring • <u>Chicken Curry-</u> • Shallow Frying • Boiling and Simmering • Following a recipe • Knife Skills • <u>Fish Cakes-</u> • Boiling and simmering • Deep Fat Frying • <u>Apple and Pineapple Fritters-</u> • Deep Fat Frying • <u>4 methods of baking a cake</u> • Choose two methods • Rubbing In • Creaming • Melting • All in • Accurate weighing and measuring • Following a recipe • <u>4 Methods of baking a cake</u> • Completion of the task • Rubbing In • Creaming • Melting • All in • Accurate weighing and measuring 	<p>Module 7- Practical Cooking Skills</p> <p>Demonstrate a broad range of cooking skills and techniques. Plan and cook meals over a period of time.</p> <p><u>Preparation</u></p> <ul style="list-style-type: none"> • Accurate Weighing and Measuring of ingredients • Preparation of Fruit and Vegetables • Following a Recipe • Mixing • Knife Skills <p><u>Baking</u></p> <ul style="list-style-type: none"> • Creaming Method • Rubbing-in Method • Melting Method • Kneading and Proving <p><u>Cooking</u></p> <ul style="list-style-type: none"> • Boiling and Simmering • Frying • Grilling Poaching • Roasting • Steaming <p>Complete any unfinished Modules</p> <p>Recap of prior learning to ensure understand of completed units.</p>	<p>Module 7-Practical Cooking Skills</p> <ul style="list-style-type: none"> • <u>Raspberry and white Chocolate Chip Muffins</u> • Accurate weighing and measuring • Creaming • Following a recipe • <u>Vegetable Soup and fresh bread</u> • Kneading and proving • Knife skills • Boiling and simmering • Blending • <u>Burgers and Wedges</u> • Knife skills • Food safety, using a temperature probe • Shallow frying • Baking • <u>Choux Pastry</u> • Boiling and simmering • Mixing • Developing piping skills • <u>Warm Chicken Salad</u> • Knife skills • Food safety using a temperature probe • <u>Homemade Apple and Raspberry Crumble</u> • Boiling and simmering

	<p><u>These tasks will be repeated to confirm learning and understanding</u></p> <p><u>Various Bread Products</u></p> <ul style="list-style-type: none"> • Kneading and Proving • Following a recipe • Accurate weighing and measuring <p><u>Chicken Curry-</u></p> <ul style="list-style-type: none"> • Shallow Frying • Boiling and Simmering • Following a recipe • Knife Skills <p><u>Fish Cakes-</u></p> <ul style="list-style-type: none"> • Boiling and simmering • Deep Fat Frying <p><u>Apple, Bananas and Pineapple Fritters-</u></p> <ul style="list-style-type: none"> • Deep Fat Frying <p><u>Various small Quiches-</u></p> <ul style="list-style-type: none"> • Rubbing In Method • Knife Skills • Accurate weighing and measuring • Following a recipe <p><u>Cinnamon Rolls-</u></p> <ul style="list-style-type: none"> • Following a recipe • Accurate weighing and measuring • Kneading and Proving <p><u>Pupils Choice</u></p> <p>Module 5B – Entertaining</p> <ul style="list-style-type: none"> • Plan and hold a fundraising coffee morning. • Make a selection of cakes and biscuits • Visit a variety of Coffee Shops to look at prices, uniforms and quality of service to help you with your own coffee morning planning. <p><u>Look back at any unfinished Modules</u></p>				
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Syllabus materials KS4:

Careers in Design Technology:

1438_FoodandNutrition_Final.pdf (careersandenterprise.co.uk)