

FOOD TECHNOLOGY-KS3

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, 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
Week 1 Practical – Homemade Pizza Pupils learning – Kneading and proving Accurate weighing and measuring using balance scales 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.	Week 1 Practical – Muffins Pupils learning - The creaming method Accurate weighing and measuring using balance scales Overview – This is recap of last term repeating the skill of creaming.	Week 1 Practical – Homemade Pizza Pupils learning – Recap of prior learning, kneading and proving Overview - Pupils work independently preparing a pizza of their choice using skills learned from previous lessons.
Week 2 Practical – Iced Vanilla Muffins Pupils learning – The creaming method/mixing 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.	Week 2 Practical – Cottage Pie Pupils learning – Knife Skills, Boiling and shallow frying 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.	Week 2 Practical – Chicken stir-fry Pupils learning – Shallow frying/Food safety/hygiene using correct equipment 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.
Week 3 Practical – Chocolate Brownies Pupils learning – Melting and mixing method 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.	Week 3 Practical – Scones/Shaping Pupils learning – Rubbing in method Overview - This is a recap of the rubbing method to prepare a different product	Week 3 Practical – Fresh fruit salad Pupils learning – Recap of prior learning using a knife safely. Overview - Pupils will prepare a variety of fresh fruits using different cutting methods to create the dish.
Week 4 Practical – Homemade bread plait Pupils learning – Kneading, proving and shaping Accurate weighing and measuring 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.	Week 4 Practical – Meatballs and pasta sauce Pupils learning – Frying and simmering. 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.	Week 4 Practical – Homemade burgers and wedges Pupils learning – Roasting and cooking safely on a BBQ Overview - Pupils will learn how to prepare fresh meat and work safely on a gas fired Barbeque, weather permitting.
Week 5 Practical – Mixed fruit jam drops Pupils learning – Rubbing in method / Shaping and Baking Overview - Pupils learn to mix flour with fat by gently rubbing between the fingertips and thumbs, continuing until the mixture resembles coarse breadcrumbs	Week 5 Practical – Spanish Omelette Pupils learning – Knife skills, peeling and chopping – grilling. 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.	Week 5 Practical – Raspberry and coconut tarts Pupils learning – Recap of rubbing in and creaming methods Overview - Pupils will learn how to combine two methods of cooking to prepare one product using skills learned in previous lessons.
Week 6 Practical – Homemade sausage rolls Pupils learning – Rubbing method/shaping and baking 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.	Week 6 Practical – Curry and Rice Pupils learning – Food Safety/hygiene Frying, boiling 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.	Week 6 Practical – Cornish pasties Pupils learning – Recap of knife skills, peeling, chopping and frying Overview - Pupils will use skills learned in previous lessons and combine those skills to produce a Cornish pasty.
Week 7 Practical – Pupils choice	Week 7 Practical – Pupils choice	Week 7 Practical – Pupils choice

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

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