

Curriculum Overview – Food Technology

Rationale

The Food Technology curriculum is designed as a progressive three-year pathway that develops students from supported learners into increasingly independent young adults who can make informed decisions about food, nutrition, health, budgeting, and meal preparation in preparation for Post-16 education, employment, and independent living.

Curriculum Intention.

At its core, the scheme of work recognises that food preparation and nutrition are essential life skills. The curriculum therefore prioritises the development of practical competence, confidence, problem-solving and personal responsibility. Through repeated opportunities to plan, prepare, cook and evaluate a range of dishes, students gradually reduce their reliance on adult support and become capable of working safely and effectively in a kitchen environment.

The curriculum promotes not only culinary skills but also personal independence, self-esteem and lifelong wellbeing, ensuring students leave school with meaningful skills that enhance their quality of life and future opportunities.

Develop Independence and Life Skills	A key intention of the curriculum is to promote increasing independence. Students are supported to move from following highly structured tasks towards planning, organising and completing cooking activities with minimal support. They learn to take responsibility for their own work, manage equipment safely, make informed decisions and solve problems independently. Through repeated opportunities to practise these skills, students develop confidence in undertaking everyday tasks that will support them in adulthood, including meal preparation, food storage, kitchen organisation and maintaining personal hygiene
Promote Health and Wellbeing	Students develop an understanding of healthy eating, balanced diets and the relationship between nutrition, physical health and emotional wellbeing. The curriculum encourages learners to make positive food choices and develop habits that support lifelong health. By exploring the nutritional value of foods, dietary requirements and healthy lifestyles, students become empowered to make informed choices that contribute to their overall wellbeing and independence.
Prepare Students for Post-16 Pathways	The curriculum is designed to support successful transition into Post-16 settings by developing the skills, attitudes and behaviours required in further education, training and employment. Students learn to work collaboratively, communicate effectively, follow instructions, manage their time and demonstrate resilience when faced with challenges. Practical activities mirror real-life expectations and workplace environments, helping students develop confidence and competence in skills that are valued by employers, colleges and training providers.
Develop Financial Awareness and Consumer Skills	An important element of independence is the ability to manage money and make informed purchasing decisions. Students learn how to budget for meals, compare products, understand value for money and reduce unnecessary spending. Through practical experiences, students develop an appreciation of the cost of ingredients, the importance of reducing food waste and the benefits of planning meals effectively. These skills support future financial independence and responsible consumer behaviour
Promote Safety, Responsibility and Risk Awareness	Students are taught to understand and manage risk appropriately within practical environments. They develop safe working practices, understand food hygiene requirements and learn how to use equipment responsibly. This emphasis on safety supports students in becoming responsible and confident individuals who can participate independently in food preparation at home, in further education settings and potentially within employment.

Long term planning grid

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	Kitchen Safety & No-Cook Meals	Small Appliance Mastery	Simple Stovetop Basics	Assembling Balanced Plates	Introduction to Baking Skills	Fakeaways & Fun Foods
2	Chopping Techniques	Microwave & Oven Comfort	Breakfast Independence	One-Pot Balanced Meals	Budgeting & Smart Shopping	Fakeaways & Fun Foods
3	Baking for Independence	Multi-Tasking a Meal	Cooking for a group	Global Healthy Fast Foods	Favourite meals	

Curriculum Sequencing

	Knowledge focus	Assessment focus	Practical	Keywords	Personal Development Links
Term	Kitchen Safety & No-Cook Meals				
Year 1 Autumn Term 1	- Understanding kitchen colour codes, the 4 Cs of food hygiene (Cleaning, Cooking, Chilling, Cross-contamination) - Identifying immediate hazards - Oven safety	Can identify 3 kitchen hazards. Correctly demonstrates hand washing	Wrap, Pitta Pockets, sandwiches Basic baking (creaming, melting, kneading rubbing in))	Hazard, Hygiene, Cross-contamination, Senso	Understanding of personal hygiene as a daily habit
	Small Appliance Mastery				
Year 1 Autumn Term 2	Understanding electrical safety, icons on appliances, dials, timing, and heat warnings	Safely operates a blender, toaster, microwave, sandwich toaster and kettle under minimal supervision.	Fruit Smoothies and milkshakes (Blender) Scrambled Eggs (microwave) Toasted Paninis jacket potatoes (microwave) Beans on toast (toaster and microwave) Cheese on toast	Appliance, Electrical, Alert, Heat	Step-by-step technological instructions, and mastering safe boundaries with electricity
	Simple Stovetop Basics				
Year 1 Spring Term 1	- Introduction to the hob (stovetop). - Understanding heat levels (low, medium, high) - Pot-handle orientation - how liquids behave when boiling.	Demonstrates understanding of cooker rings and safe pan placement (handles turned in).	Hot dogs Vegetable Stir Fry Pasta and jarred sauce Fried Rice Pancakes Boiled eggs	Boil, Simmer, Burn, Control	Risk management (handling hot liquids and open heat)
	Assembling Balanced Plates				
Year 1 Spring Term 2	- Introduction to the visual Eatwell Guide - Grouping foods into carbohydrates, proteins, dairy, fruits, and vegetables.	Can sort food models into basic nutritional categories	Chicken Wraps Bean Burrito Plate Homemade Pizza Stir Fry Plate	Balanced, Dairy, Protein, Carbohydrate	Understanding how nutrition directly impacts daily physical and mental energy levels.
	Introduction to Baking Skills				
Year 1 Summer Term 1	- Understanding the purpose of the four basic baking methods: creaming, melting, rubbing-in and kneading. - Identifying common baking ingredients and their functions (flour, fat, sugar, eggs) - Developing hand-strength, coordination and safe use of basic kitchen equipment. - Following a simple recipe in sequence.	Follows a simple baking recipe and demonstrates one or more core baking methods with support.	Rock cakes (rubbing-in) Shortbread biscuits (creaming) Flapjacks (melting) Bread rolls or pizza dough (kneading)	Creaming, Melting, Kneading, Rubbing-In	Developing resilience, patience and independence by following instructions, measuring accurately and learning from mistakes during practical tasks.
	Fakeaways & Fun Foods				
Year 1 Summer Term 2	Modifies a fast-food favourite to make it a healthier alternative.	Adapting recipes to make healthier choices while practising a range of cooking methods.	Homemade Chicken Goujons (airfryer) Mini pitta Pizzas Healthy Burger and Wedges Chicken Wraps Fish Finger Wraps	Alternatives, adapting, modify	Making own choices about food focusing on personal likes and dislikes and healthy choices.

	Knowledge focus	Assessment focus	Practical	Keywords	Personal Development Links
Term	Chopping Techniques				
Year 2 Autumn Term 1	- Mastering the Claw and Bridge knife grips. - Recognizing safe chopping zones on a cutting board. - Safe use of a hand blender under supervision	Safely demonstrates both bridge and claw cutting techniques	Rainbow Vegetable Stir Fry Fruit Salad Masterclass Potato Wedges and Vegetable Batons Chicken and Vegetable Skewers	Claw grip, Bridge grip, Dice, Blen	An understanding that in any professional kitchen or catering industry, precise knife and chopping skills are essential for safety, speed, and consistency.
	Microwave & Oven Comfort				
Year 2 Autumn Term 2	- Oven mechanics (preheating, shelf positioning, using thick oven gloves). - Microwave power levels	Safely removes items from the oven using protective gear.	Oven-Baked Chicken Goujons Microwave Rice Bowl Pizza baguettes	Microwave, Radiation, Timer, Insulate	Baker's Assistant: Operating high-heat ovens, managing shelf orientation, and safely handling heavy baking tra
	Breakfast Independence				
Year 2 Spring Term 1	- Egg safety, cracking technique, identifying freshness - Managing dual timelines (e.g., toast popping while eggs finish).	Using timing well to ensure food is prepared at the same time	Toast and toppings Bacon sandwich Sausage sandwich Scrambled eggs Fried eggs Omelette	Pre-prepared, overnight, scrambled, fried	Breakfast Chef: Managing dual timelines—ensuring items like toast and eggs finish perfectly
	One-Pot Balanced Meals				
Year 2 Spring Term 2	Continuous heat management, stirring techniques to avoid food burning or sticking, combining proteins and vegetables safely.	Manages a hot pan continuously while stirring safely.	Chilli Con carne Bolognese Noodle Stir Fry Sausage and Bean Casserole/stew One-Pot Macaroni Cheese	Sauté, Stir-fry, Season, Wholesome	Managing large-volume, cost-effective meals to support budgeting and nutrition. Links to outdoor ed and preparing meals for expeditions
	Budgeting & Smart Shopping				
Year 2 Summer Term 1	- Building a meal plan - calculating total grocery item costs - Creating functional, legible shopping lists.	Compiles a realistic shopping list that fits within a set budget	£2 Lunch challenge Spaghetti Bolognese Loaded Jacket Potatoes Homemade Pizza Using Store-Cupboard Ingredients	Budget, Best Before, Use By, Traffic Light	Financial literacy, consumer savviness, numeracy skills, and forward-planning to avoid debt or food waste.
	Social Media inspiration				
Year 2 Summer Term 2	Learning how to recreate commercial fast foods at home using healthier cooking methods (baking/grilling over deep-frying)	Modifies a fast-food favourite to make it a healthier alternative. Identifying positive places to source new recipies	Pizza Toast Smoothie Cubes Chocolate-Dipped Fruit Pupils own suggestions	Alternative, Substitute, Bake, Texture	Building and prior knowledge and gain confidence in exploring and experiment with new recipes using prior skills.

	Knowledge focus	Assessment focus	Practical	Keywords	Personal Development Links
Term	Baking for Independence				
Year 3 Autumn Term 1	- Selecting the correct baking method for a recipe. - Accurate weighing and measuring of ingredients. - Understanding how ingredients change during baking - Using ovens independently and safely. - Evaluating finished products for appearance, texture and taste. - Following multi-step recipes with increasing independence.	Independently follows a baking recipe, accurately measures ingredients and safely uses the oven to produce a successful baked product.	Chocolate Chip Cookies (creaming) Cheese Scones (rubbing-in) Flapjacks (melting) Bread Rolls (kneading) Pizza Swirls (kneading and shaping) Fairy Cakes/Muffins (creaming) Rock Cakes (rubbing-in)	Baking, Measure, Recipe, Ingredients, Texture, Rise, Knead, Cream, Rub-In, Melt	Developing independence, resilience and problem-solving through following recipes, managing timings and evaluating outcomes. Encourages pride, creativity and confidence in producing food for others.
	Multi-Tasking a Meal				
Year 3 Autumn Term 2	Sequencing tasks so two completely different cooking styles finish at the same time	Safely manages two cooking processes at one time without burning food	Homemade Burger, Wedges and Salad Spaghetti Bolognese with Garlic Bread Chicken Fajita with warm wraps All day breakfast	Multi-task, Sequence, Coordinate, Efficiency	Kitchen Manager - Focusing on time management, organisation and preparing several components simultaneously
	Cooking for a group				
Year 3 Spring Term 1	- Scaling up ingredients from 1 portion to 4 portions - Managing hot platters.	Correctly scales a 1-person recipe card up to 4 portions using basic multiplication/tools.	Homemade Pasta Bake Healthy Curry Pizza Sharing Boards Chilli and Nacho Healthy Afternoon Tea	Scale, Platter, Host, Etiquette	Hospitality, communication, and showing care for others through food.
	Global Healthy Fast Foods				
Year 3 Spring Term 2	Global flavour profiles, comparing high-calorie takeaway options to homemade versions, reading sodium and fat contents on seasoning packets.	Can identify and verbally explain how to swap a high-fat ingredient for a healthier alternative	Burritos Fajitas Japanese Teriyaki Chicken Rice Bowl Greek Gyros Wrap	Global, Sodium, Modification	Exploring international cultures and Flavours through food.
	Favourite meals				
Year 3 Summer Term 1	Demonstrating ultimate independence, kitchen safety, and self-sufficiency without staff prompts.	Executes a full meal from start to finish with zero physical intervention.	Macaroni Cheese Reinvented Homemade Healthier Pizza Loaded Burger Challenge Better-For-You Fried Rice Healthy Chicken Nuggets Signature Pasta Favourite Family Meal Makeover	Adaptation, creativity, nutrition, independence, planning	Focusing on recipe adaptation, nutrition analysis and personal creativity