Food Technology

Curriculum Map: Year 7

Students in year 7 split the academic year between Design Technology and Food Technology

INTRODUCTION TO FOOD TECHNOLOGY

Safety in the Kitchen

- Introduction to Food Technology
- Identify safety rules
- Exploring the Food Technology Room, equipment and their uses

Hygiene in the Kitchen

- Preparing to cook
- Personal hygiene
- Hygiene and safety in the kitchen and basic first aid
- Identification of hazards in the kitchen

Plan & Prepare a sandwich

- Prepare to cook
- Prepare a simple sandwich; simple knife skills, spreading, grating, explore different fillings
- Washing up
- Team collaboration

Eat 5 a Day

- Understand the importance of eating 5 a day
- Prepare fruit kebabs and a smoothie
- Practice chopping and peeling skills
- Safe use of electrical equipment, use of hand blenders

Introduction to the cooker

- Use of the hob to prepare simple soups
- Mashing, peeling and chopping and use of the grill
- Evaluate outcomes

BASIC SKILLS COURSE

Weigh and Measure with Accuracy

- Be able to weigh and measure with accuracy
- Use the rubbing in method to make scones and pastry
- Use the oven safely
- Know how to adapt recipes and evaluate outcome

Bread Making

- Understand the role of yeast as a raising agent
- Understand the ideal conditions for bread making
- Knead, shape and bake bread rolls

Sauces

- Making an all in one sauce - Macaroni Cheese
- Use of meat and meat alternatives to make a Bolognese sauce
- Awareness of special dietary needs and cultural influences

BASIC NUTRITION

Cake Making

- Use different methods to make cakes
- Use the all in one method to make small cakes
- Use the creaming method to make a fruit pudding

Cooking with Rice

- Cooking with rice
- Fast and slow release carbohydrates
- Practice chopping and frying and use of the hob

DESIGN & MAKE TASKS

Quick and easy pizza base

- Quick and easy pizza base
- Design and make own pizza
- Self and peer evaluation

Use of Convenience Foods

- Homemade versus shop bought pastry
- Design and make own puff pastry tart
- Self and peer evaluation
- WWW/EBI

SUMMATIVE ASSESSMENT

- Year 7 written and practical assessments