

Food Technology			Year: 7 and 8 Year 2		
AUTUMN		SPRING		SUMMER	
Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
Theme/ topic: Year 7 Orientation Year 8 Food hygiene and heat transfer	Theme/ topic: Celebration cakes	Theme/ topic: Celebration cakes Health eating	Theme/ topic: Healthy eating Bread making	Theme/ topic: Take on the Takeaway	Theme/ topic: Take on the Takeaway Foods in season
By the end of this half term pupils will know	By the end of this half term pupils will know	By the end of this half term pupils will know	By the end of this half term pupils will know	By the end of this half term pupils will know	By the end of this half term pupils will know
Year 7 Knife skills and safety How to manipulate hob and oven Know basic kitchen equipment and uses Eatwell plate How to design Year 8 Temperature control Heat transfer Cooker management including manipulation of multiple pans and dovetailing	Occasions where a celebration cake is needed. Methods of cake making How to line a cake tin Basic functions of ingredients including, aeration, decorating techniques. Testing for readiness How to design for others	The 8 guidelines for healthy eating and lifestyle How to make a repertoire of dishes that fulfil those guidelines How to design own meal to fit in line with government guidelines. Macronutrients	Ingredients needed in bread making and the function of those ingredients. Types of bread Why we need fibre in our diet and where it can be found in the food we eat. Design their own bread product high in fibre.	How to read food labels. Know what are additives and their purpose in food manufacture. Advantages and disadvantages of convenience products and types of convenience products available. How to evaluate own work in comparison to others Produce a repertoire of dishes that compare to ready meal dishes.	What is meant by food miles What is carbon footprint Identify foods and their seasonality Advantages of using foods in season

<p>Including manipulation of multiple pans and dove tailing</p> <p>Eatwell plate</p> <p>How to design to include nutrition</p>					
They will understand:	They will understand:	They will understand:	They will understand:	They will understand:	They will understand:
<p>Safety in the kitchen</p> <p>Knife rules</p> <p>Bridge and claw hold</p> <p>Year 8</p> <p>Key temperatures</p> <p>Conduction and convection</p> <p>8 guidelines to healthy eating and the importance of the eatwell plate, and how it is portioned</p> <p>What foods belong in what section of eatwell plate.</p>	<p>Occasions which have celebration cakes and where to find them when buying.</p> <p>Value for money, quality tests and suitability.</p> <p>Know the difference between the 4 methods of cake making and their advantages and disadvantages:</p> <p>Creaming, whisking, melting and rubbing in:</p> <p>How to prepare a tin for cake making to ensure a quality outcome.</p> <p>The importance of aeration when cake making when using eggs and fats and sugars</p>	<p>How to decorate a cake in a uniformed standard to include piping techniques – making muffins.</p> <p>How to design own cake for an occasion of choice to include annotations of cake making type and decoration techniques.</p> <p>Explain the eatwell plate and its purpose.</p> <p>Understand the government guidelines to healthy eating.</p> <p>Make a repertoire or mainly savoury dishes that fulfil healthy eating guidelines and represent the eatwell plate.</p>	<p>Understand types of bread from different countries and cultures.</p> <p>What gluten is and its purpose in bread making.</p> <p>The function and chemical qualities of yeast in bread making.</p> <p>Understand why we knead bread and let it prove.</p> <p>Caramelisation and testing for readiness.</p> <p>What is fibre. How does it work in our bodies to keep us fuller for longer and those benefits, slow release energy and prevention of constipation and bowel cancer. As well as importance in the diet</p>	<p>Why food manufacturers package food.</p> <p>The importance of the information found on food packaging</p> <p>How to read food labels on packaging</p> <p>Understand types of ready meals and convenience products.</p> <p>How to compare products to home-made to include nutritional value and value for money</p> <p>How to make a repertoire of savoury dishes that can take on the takeaway or ready meals bought in the shop.</p>	<p>What is meant by food miles</p> <p>What is carbon footprint</p> <p>Identify foods from the UK and their seasonality</p> <p>Advantages of using foods in season</p> <p>How can we reduce food miles.</p>

	combined. Also self-raising flour. How to tell when a cake is ready including caramelisation, texture, skewer and importance of oven control.	Understand which nutrients are considered macro nutrients	they should be able to identify sources.		
They will know how to:	They will know how to:	They will know how to:	They will know how to:	They will know how to:	They will know how to:
Use a knife - Bridge and claw hold Secure a chopping board How to turn on the hob and oven and control it. How to use; knife, peeler, chopping boards, measuring jug, rolling pin, grater, colander, masher. How to line baking trays How to make a dough How to apply their knowledge and skills to make fruit salad, carrot sticks and dip, soup mashed potato, stir fry, scones, pizza	Make a creamed sponge, swiss roll, Christmas cake, brownie/gingerbread, scones How to use an electric hand whisk How to check for readiness How to line and tin and manage the oven when baking cake Key terminology Discuss and debate effectively Accurately read recipes Record their knowledge in writing	Piping and decorating skills. How to cook a repertoire of healthy savoury dishes. Key terminology Flow charts Key terminology Discuss and debate effectively Accurately read recipes Record their knowledge in writing Communication skills Evaluation skills through peer and self-assessment.	Bread making skills. Make a selection of bread products Testing for readiness Key terminology Discuss and debate effectively Accurately read recipes Record their knowledge in writing Communication skills Evaluation skills through peer and self-assessment.	How to prepare a repertoire of mainly savoury dishes. Reading labels Writing comparison charts Key terminology Discuss and debate effectively Accurately read recipes Record their knowledge in writing Communication skills Evaluation skills through peer and self-assessment.	How to use foods in season to create a variety of dishes to include both sweet and savoury. Key terminology Discuss and debate effectively Accurately read recipes Record their knowledge in writing Communication skills Evaluation skills through peer and self-assessment.

<p>Year 8 – macaroni cheese, cottage pie, shortbread biscuits</p> <p>Accurately read recipes</p> <p>Record their knowledge in writing</p> <p>Communication skills</p> <p>Evaluation skills through peer and self-assessment.</p>	<p>Communication skills</p> <p>Evaluation skills through peer and self-assessment.</p>				
Link to prior learning	Link to prior learning	Link to prior learning	Link to prior learning	Link to prior learning	Link to prior learning
<p>Year 8s</p> <p>Safety: cookers, knife, kitchen equipment</p> <p>The Eatwell , nutritional information</p>	<p>Year 8</p> <p>Evaluation skills</p> <p>Use of oven</p> <p>Kitchen equipment manipulation</p> <p>routines</p> <p>Key terminology</p>	<p>Eatwell plate</p> <p>Kitchen equipment manipulation</p> <p>routines</p> <p>Key terminology</p>	<p>Primary nutrition</p> <p>Kitchen equipment</p> <p>Key terminology</p> <p>routines</p>	<p>Government guidelines for healthy eating</p> <p>Key terminology</p> <p>Kitchen equipment</p> <p>nutrition</p>	<p>Kitchen equipment</p> <p>Key terminology</p>