

HIGHFIELDS SCHOOL

CURRICULUM OVERVIEW 2023-2024



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SUBJECT: FOOD TECHNOLOGY

KEY STAGE: 3

AUTUMN TERM - YEAR 7	SPRING TERM - YEAR 7	SUMMER TERM - YEAR 7
<p>Module 1- Introduction to Food, Food Hygiene and Safety</p> <ul style="list-style-type: none">• Understand why food safety and hygiene is important within a food classroom setting.• Develop new practical techniques.• Use a range of equipment and become confident when using the equipment in practical situations.• Learn the basics of healthy eating in relation to the eatwell plate. <p>Practical Work Fruit Cups Naan Bread Pizza Danish Pastries Flapjacks</p> <p>Homework Range of forms quizzes and evaluations</p>	<p>Module 2 - Healthy Eating and Food Choices</p> <ul style="list-style-type: none">• Learn about individual food choices and needs.• Understand how socio-economic factors can affect food choices for certain people.• Eatwell plate and its importance when leading a balanced diet.• Unsatisfactory nutritional intake and its consequences.• Understanding the importance of planning nutritional meals which fit in with government guidelines. <p>Practical Work Sausage/cheese rolls Quesadillas Homemade Burger with sides</p> <p>Homework Range of quizzes/research</p>	<p>Module 3 - Food Provenance & Food Sustainability</p> <ul style="list-style-type: none">• Identify key issues which are affecting food sustainability in the UK.• Understand more about food waste in the UK and the importance of food miles.• Apply knowledge and understanding of sustainability to produce a mini project and produce one dish using seasonal/locally sourced ingredients. <p>Practical Work Cheesy Vegetable Pasta Bake Party Sponge Cake</p> <p>Homework Range of quizzes/extended writing</p>
<p>ASSESSMENT Nutrition & Hygiene Quiz using forms. Students will be assessed on their nutritional knowledge.</p>	<p>ASSESSMENT Chicken/Halloumi Burgers. Focus time plan.</p>	<p>ASSESSMENT Presentation: Importance of sourcing local food and cooking in season.</p>

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AUTUMN TERM - YEAR 8	SPRING TERM - YEAR 8	SUMMER TERM - YEAR 8
<p>Nutrition & Health</p> <ul style="list-style-type: none"> • Eatwell plate and Government Guidelines, understanding macro and micronutrients • Demonstrating accurate portion control • Food labelling • Common allergens • Key principles of bread making • Understand the functions of key ingredients in bread making • To learn about the processing of wheat and production of bread • Developing high level practical skills <p>Practical work</p> <ul style="list-style-type: none"> • Pineapple Upside Down cake • Lasagne with a crème fraiche sauce • Vegetable Stir Fry <p>Homework</p> <p>Nutrition and Food Safety (homework is based on quizzes, written/research-based homework and revision for standard assessments).</p>	<p>Planning</p> <ul style="list-style-type: none"> • International diets • Religion and cultural diets • Seasonality and sustainability • Handling of and cooking with meat • Correct use of a food probe • Safe storage of meat in school • Cross contamination <p>Practical Work</p> <ul style="list-style-type: none"> • Chicken Tikka and Naan • Swiss roll • Fajitas • Calzone <p>Homework</p> <p>What is the season - identifying the four seasons and common foods. Types of bacteria</p>	<p>Food Science</p> <ul style="list-style-type: none"> • Raising agents • Dextrinization • Gelatinisation • Enzymic Browning • Maillard reaction • Methods of heat transfer • Fermentation <p>Practical Work</p> <ul style="list-style-type: none"> • Scones • Lemon Cheesecake • Mini pizzas <p>Homework</p> <p>Science of 3 raising agents</p>
<p>ASSESSMENT</p> <p>Nutritional analysis on Pineapple Upside Down Cake - underpin core nutritional knowledge on macro and micronutrients from Year 7 and Autumn term 1, Year 8.</p>	<p>ASSESSMENT</p> <p>Practical kebabs drawing on high risk foods (assess knowledge and assess planning and making).</p>	<p>ASSESSMENT</p> <p>Written – Summative assessment based on the whole year.</p>

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AUTUMN TERM - YEAR 9	SPRING TERM - YEAR 9	SUMMER TERM - YEAR 9
<p>Module 1 – Food Spoilage, Food Poisoning and Food Science</p> <p>Food Science Food Spoilage – time and temperatures, storage conditions and hygienic food handling and preparation.</p> <p>Food Poisoning – Types of food poisoning bacteria, high risk and low risk foods, the role of EHO, laws and regulations in relation to food safety.</p> <p>Food Science – Planning experiments, sensory testing methods, gelatinisation, enzymic browning, coagulation.</p> <p>Practical Work</p> <ul style="list-style-type: none"> • Full English Breakfast • Pad Thai • Iced Buns • Apple Pie • Spaghetti Carbonara • Festive Yule Log • Couronne <p>Homework Range of forms quizzes, show my homework quizzes and research homework.</p>	<p>Module 2 – Introduction to Hospitality and Catering Industry and Exam Preparation.</p> <p>Exam Preparation Students will be using various retrieval methods in preparation for revision for their Food Technology exam.</p> <p>Introduction to Hospitality & Catering Identify various job roles, types of business, customer service offered in the Hospitality Industry. Understanding what factors affect the success of the Hospitality business in current economic climate.</p> <p>Practical Work</p> <ul style="list-style-type: none"> • Orange layer cake • Pizza challenge • Lasagne with bechamel sauce • Chicken Tikka Masala • Brioche Hearts • Flaky Pastry – Pasties <p>Homework Range of forms quizzes show my homework quizzes and past exam paper questions to practice.</p>	<p>Module 3 – Food Provenance, sustainability & factors affecting food choice</p> <p>Food Provenance and sustainability Food miles, seasonality and food waste. Supporting local producers and where food comes from.</p> <p>Factors affecting food choice and dietary needs Dietary needs, food poverty, and food related intolerances.</p> <p>Practical Work</p> <ul style="list-style-type: none"> • Mini Pavlova • Tagliatelle with spring greens • Cajun chicken burger and sweet potato fries • Vietnamese spring rolls <p>Homework Range of forms quizzes show my homework quizzes and extended pieces of writing.</p>
<p>ASSESSMENT Autumn 1 Couronne – Students will be assessed on making this in this term. Autumn 2 Apple Pie and Time Plan – Students will be assessed on planning, making and an understanding of food science in this term.</p>	<p>ASSESSMENT Spring 1 Year 9 Exam – students will be assessed on retrieval skills this term. Spring 2 Orange layer cake and Nutritional Analysis – students will be assessed on their nutritional knowledge and making skills.</p>	<p>ASSESSMENT Summer 1 Food provenance and sustainability project – students will be assessed on sustainability and nutrition. Summer 2 Cajun chicken burger with accompaniments -students will be assessed on their making skills.</p>