

Subject Intent: Food Technology

All students regardless of background and ability will be able to develop a range of food preparation skills and cooking methods, which can be utilised to produce a far broader variety of recipes. This combined with a thorough understanding of kitchen safety and hygienic processes will foster a clear sense of confidence in students and promote independence when cooking both in class and beyond school. It will also allow students to make informed choices as part of the healthy lifestyles agenda.

Students will be given the opportunity to demonstrate leadership in the practical lessons through peer lead learning.

Students will be provided with the opportunity to develop these skills and knowledge through an optional vocational course at Key Stage 4; WJEC Hospitality and Catering. By the end of year 11 these students will be able to demonstrate improved independence as they plan production and manufacture a variety of increasingly complex dishes with speed, precision and consistency. They will demonstrate wider skills e.g. knife skills needed for the professional kitchen.

This qualification prepares students for a broad range of careers and further education. Possible careers include positions in a chef's brigade, nutritionist, consumer scientist, front of house positions, wedding planner or food quality manager to name a few.

Food Technology (Year 7)

Long Term Plan

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1	W/C 28/8	W/C 04/09	W/C 11/09	W/C 18/09	W/C 25/09	W/C 02/10	W/C 09/10	W/C 16/10	W/C 06/11	W/C 13/11	W/C 20/11	W/C 27/11	W/C 04/12
	Training days + 1 pupil day										Data days 23/11 + 24/11		
		Preparing to cook	Fruit salad	Eatwell guide	Cous cous	Pasta salad	Protein	Savoury scones	Preparing to cook	Fruit salad	Eatwell guide	Cous cous	Protein
Cycle 2	W/C 11/12	W/C 18/12	W/C 08/01	W/C 15/01	W/C 22/01	W/C 29/01	W/C 05/02	W/C 19/02	W/C 26/02	W/C 04/03	W/C 11/03	W/C 18/03	W/C 08/04
							Training day 09/02			Data days 07/03 + 08/03			
	Pasta salad	Shortbread	Special dietary needs	Savoury scones	Sources of food	Scone based pizza	Pizza assessment feedback	Chicken kebabs	End of cycle assessment	Assessment feedback	Preparing to cook	Fruit salad	Eatwell guide
Cycle 3	W/C 15/04	W/C 22/04	W/C 29/04	W/C 06/05	W/C 13/05	W/C 20/05	W/C 03/06	W/C 10/06	W/C 17/06	W/C 24/06	W/C 01/07	W/C 08/07	W/C 15/07
				May bank holiday 06/05							Data day 19/07		
	Cous cous	Protein	Pasta salad	Special dietary needs	Savoury scones	Sources of food	Scone based pizza	Pizza assessment feedback	Chicken kebabs	End of cycle assessment	Chocolate chip cookies	Assessment feedback	

Food Technology (Year 8)

Long Term Plan

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1	W/C 28/8	W/C 04/09	W/C 11/09	W/C 18/09	W/C 25/09	W/C 02/10	W/C 09/10	W/C 16/10	W/C 06/11	W/C 13/11	W/C 20/11	W/C 27/11	W/C 04/12
	Training days + 1 pupil day										Data days 23/11 + 24/11		
		Macro nutrients	Kitchen safety	Stir fry	The 4Cs	Mac and cheese	Special diets	Apple cake	Macro nutrients	Kitchen safety	Stir fry	The 4Cs	Mac and cheese
Cycle 2	W/C 11/12	W/C 18/12	W/C 08/01	W/C 15/01	W/C 22/01	W/C 29/01	W/C 05/02	W/C 19/02	W/C 26/02	W/C 04/03	W/C 11/03	W/C 18/03	W/C 08/04
							Training day 09/02			Data days 07/03 + 08/03			
	Special diets	Gingerbread loaf	Sources of food	Jollof	Bread rolls	Yeast based pizza assessment	End of cycle assessment	Macro nutrients	Kitchen safety	Stir fry	The 4Cs	Mac and cheese	Special diets
Cycle 3	W/C 15/04	W/C 22/04	W/C 29/04	W/C 06/05	W/C 13/05	W/C 20/05	W/C 03/06	W/C 10/06	W/C 17/06	W/C 24/06	W/C 01/07	W/C 08/07	W/C 15/07
				May bank holiday 06/05							Data day 19/07		
	Apple cake	Sources of food	Jollof	Bread rolls	Yeast based pizza assessment	End of cycle assessment	Sources of food	Jollof	Bread rolls	End of cycle assessment	Yeast based pizza assessment	Food labelling	Assessment feedback

Food Technology (Year 9a)

Long Term Plan

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1	W/C 28/8	W/C 04/09	W/C 11/09	W/C 18/09	W/C 25/09	W/C 02/10	W/C 09/10	W/C 16/10	W/C 06/11	W/C 13/11	W/C 20/11	W/C 27/11	W/C 04/12
	Training days + 1 pupil day										Data days 23/11 + 24/11		
		Macro nutrients	Chicken nuggets	Micro nutrients	Banana Bread	Special diets	Sweet and sour chicken Assessment	Sweet and sour feedback	Macro nutrients	Chicken nuggets	Micro nutrients	Banana Bread	Special diets
Cycle 2	W/C 11/12	W/C 18/12	W/C 08/01	W/C 15/01	W/C 22/01	W/C 29/01	W/C 05/02	W/C 19/02	W/C 26/02	W/C 04/03	W/C 11/03	W/C 18/03	W/C 08/04
							Training day 09/02			Data days 07/03 + 08/03			
	Sweet and sour chicken Assessment	Gingerbread biscuits	Sweet and sour assessment feedback/ Cooking methods	Cinnamon rolls	Baked cheesecake	End of cycle test	Sausage rolls	Macro nutrients	Chicken nuggets	Micro nutrients	Banana Bread	Special diets	Sweet and sour chicken Assessment
Cycle 3	W/C 15/04	W/C 22/04	W/C 29/04	W/C 06/05	W/C 13/05	W/C 20/05	W/C 03/06	W/C 10/06	W/C 17/06	W/C 24/06	W/C 01/07	W/C 08/07	W/C 15/07
				May bank holiday 06/05							Data day 19/07		
	Sweet and sour feedback	Cinnamon rolls	Cooking methods 1	Baked cheesecake	End of cycle test	Sausage rolls	Cinnamon rolls	Cooking methods	Baked cheesecake	End of cycle test	Sausage rolls	End of cycle assessment feedback	

