

FOOD TECHNOLOGY

YEAR 5-8 - CURRICULUM MAP (from middle schools)

Skills and knowledge for Food: (stands taken from National Curriculum)

- Good knowledge of kitchen health and safety
- Good knowledge of kitchen routines and food safety
- Able to weigh and measure ingredients
- Able to use basic knife skills (bridge and claw method)
- Able to carry out the skills identified on WJEC skills list
- Basic knowledge of nutrition and healthy eating
- Understanding of where our food comes from and how food production impacts the environment
- Basic knowledge of food science, taste testing and experimentation work

Health and Safety
Cooking Skills
Health Eating and Nutrition
Food Provenance
Food Science

WJEC Eduquas Skills List:

Skill No.	Skill	Techniques
1	Knife skills	Be able to demonstrate the following techniques for fruits and vegetables and, where appropriate, also those that relate to meat and fish or their alternatives: <ul style="list-style-type: none"> meat, fish and alternatives - fillet a chicken breast, portion a chicken, remove fat and rind, fillet fish, slice raw and cooked meat and fish or alternatives (such as tofu and halloumi) evenly and accurately. fruits and vegetables - bridge hold, claw grip, peel, slice, dice and cut into wedges (e.g. potatoes, yam/melon)
2	Prepare fruits and vegetables	Be able to demonstrate the following techniques: <ul style="list-style-type: none"> wash, bleed, blanch, steam, scum, drain, grate, peel, segment, de-bone, de-seed, blanch, shape, pipe, blend, juice and prepare garnishes whilst demonstrating the technical skills of controlling enzymic browning and packaging and presenting food products (wash and dry where appropriate).
3	Prepare, combine and shape	Be able to demonstrate the following techniques: <ul style="list-style-type: none"> roll, wrap, skewer, mix, coat, layer meat, fish and alternatives, and shape and bind wet mixtures (such as falafels, fish cakes or meatballs) whilst demonstrating the technical skill of preventing cross contamination and handle high risk foods correctly.
4	Tenderise and marinate	Be able to demonstrate how acids denature protein and marinades add flavour and moisture when preparing vegetables, meat, fish, and alternatives.
5	Select and adjust a cooking process	Be able to demonstrate the following techniques: <ul style="list-style-type: none"> select and adjust the cooking process and length of time to suit the ingredient, for example to match the cut of meat, fish and alternatives.
6	Weigh and measure	Be able to demonstrate accurate measurement of liquids and solids.
7	Preparation of ingredients and equipment	Be able to demonstrate the following techniques: <ul style="list-style-type: none"> grease/oil, line, flour, evenly and with attention to finished product.

Skill No.	Skill	Techniques
8	Use of equipment	Be able to demonstrate the following techniques: <ul style="list-style-type: none"> use a blender, food processor, mixer, and microwave.
9	Water based methods using the hob	Be able to demonstrate the following techniques: <ul style="list-style-type: none"> steaming boiling and simmering blanching poaching
10	Dry heat and fat based methods using the hob	Be able to demonstrate the following techniques: <ul style="list-style-type: none"> dry frying pan (shallow frying) stir frying
11	Using the grill	Be able to demonstrate the following techniques with a range of foods, such as vegetables, meat, fish or alternatives such as halloumi, seeds and nuts: <ul style="list-style-type: none"> char grill or toast
12	Using the oven	Be able to demonstrate the following techniques: <ul style="list-style-type: none"> baking roasting casseroles and/or tagines braising
13	Make sauces	Be able to demonstrate the following techniques: <ul style="list-style-type: none"> make a blended white sauce (starch gelatinisation) such as a roux and all in one blended sauce, infused sauce, veloute, bechamel, to demonstrate understanding of how liquid/starch ratios affect the viscosity and how conduction and convection work to cook the sauce and the need for agitation, make a reduction sauce such as pasta sauce, curry sauce, gravy, meat sauce (including meat alternatives such as myco-protein and textured vegetable protein) to demonstrate how evaporation concentrates flavour and changes the viscosity of the sauce, make an emulsion sauce such as a salad dressing, mayonnaise, hollandaise to demonstrate the technical skill of how to make a stabilised emulsion.
14	Set a mixture - removal of heat (gelation)	Be able to demonstrate the following techniques: <ul style="list-style-type: none"> use starch to set a mixture on chilling for layered desserts such as custard or cheesecake.

Skill No.	Skill	Technique
15	Set a mixture - heating (coagulation)	Be able to demonstrate the following techniques: <ul style="list-style-type: none"> use protein to set a mixture on heating such as denatured protein in eggs for quiche, choux pastry.
16	Use of raising agents	Be able to demonstrate the following techniques: <ul style="list-style-type: none"> use egg (Colloid foam) as a raising agent—create gas in air foam—whisking egg whites, whisked sponge use Chemical Agents or raising agents, baking powder, bicarbonate of soda. use Steam in a mixture (Choux Pastry, Batter).
17	Make a dough	Be able to demonstrate the following techniques: <ul style="list-style-type: none"> use the technical skills of shortening, gluten formation, fermentation (proving) for bread, pastry, pasta.
18	Shaping and finishing a dough	Be able to demonstrate the following techniques: <ul style="list-style-type: none"> roll out pastry, use a pasta machine, line a flan ring, create layers (palmiers), proving/resting. glazing and finishing such as pipe choux pastry, bread rolls, pasta, flat breads, pinwheels, pizza, calzone.
19	Test for readiness	Be able to demonstrate the following techniques: <ul style="list-style-type: none"> use a temperature probe, knife/skewer, finger or "poke" test, "bite", visual colour check or sound to establish whether an ingredient or recipe is ready
20	Judge and manipulate sensory properties	Be able to demonstrate the following techniques: <ul style="list-style-type: none"> how to taste and season during the cooking process change the taste and aroma through the use of infusions, herbs and spices, paste, jus, reduction how to change texture and flavour, use browning (dextrinisation) and glazing, add crust, crisp and crumbs presentation and food styling – use garnishes and decorative techniques to improve the aesthetic qualities, demonstrate portioning and presenting

FOOD TECHNOLOGY

YEAR 5-8 - CURRICULUM MAP (from middle schools)

The Year 5-8 content:

- This content has been designed with upper school GCSE Food Preparation and Nutrition in mind. The scheme was designed using this subject content and the specification from the EDUQUAS exam board.

Year	Practical	Theory
5	<p>Wonderful world of food</p> <ul style="list-style-type: none"> Health and safety in the kitchen Cheese straws - rubbing in, baking skills Dippy divers - combining food and knife skills Pizza - recipe designing, using oven, cutting skills fruit salad - knife skills Taste testing and sensory analysis 	<ul style="list-style-type: none"> Understand the importance of and be able to use the Eatwell Guide How to use a safe a knife safely Use basic kitchen equipment Use the oven safely (grill, hob oven) Prepare a range of fresh ingredients Weigh and measure ingredients Create a dish that considers the Eatwell guide and identifies nutritional value How to use sensory analysis to explore combination foods Be able to follow food hygiene rules: how to wash up, dry and store equipment, safe storage of ingredients before cooking and after, personal hygiene and classroom health and safety. Be able to adapt and follow recipes using suitable ingredients Understand where ingredients come from (from field to fork)
6	<p>Diet and good health</p> <ul style="list-style-type: none"> Fruit alternate cupcakes - creaming method, weighing and baking skills Layered pasta salad - knife skills, boiling on the stove Chicken wrap pockets - Grilling, marinating and cutting skills Rainbow Broccoli salad - cutting skills, grilling, combining ingredients 	<ul style="list-style-type: none"> Follow Food Safety and Hygiene rules in the kitchen Use kitchen equipment, including the oven, grill and hob Increase practical skills: boiling water, knife skills, marinating, creaming method and combining different foods Prepare fresh ingredients e.g. proteins, carbohydrates and vegetables Weigh and measure ingredients as per recipe requirements Understand how a balanced diet and active lifestyle have a postivie effect on the body Be able to adapt recipes by increasing vitamins and minerals and reducing sugar Build upon awareness of social, cultural, moral and environmental issues Have an understanding of food waste and the effects on the environment

<p>7</p>	<p>Food and Nutrition</p> <ul style="list-style-type: none"> • High fibre bread rolls - kneading, portioning, cold proving and baking • Spaghetti Bolognese - boiling, cutting skills, cooking multiple dishes at one time • Taste testing and sensory analysis • Food Science experiment - effects of different sugars on baked goods 	<ul style="list-style-type: none"> • Show competence with Food Contaminants, Food Hygiene and Health and Safety issues in the kitchen • Increase my practical skills through meal preparation (see individual assessment sheets) • Understand the health implications of over indulgence and lack of nutrients (carbohydrates and fats) • Use Food Science experiments to understand the effects of sugar alternatives to create 'healthier' fairy cakes • Be able to evaluate and self-assess own products cooked • Be able to increase the nutritional value of a product through making use of alternate ingredients • Understanding the importance of food aesthetics – 'we eat with our eyes before tasting'
<p>8</p>	<p>Cooking for others</p> <ul style="list-style-type: none"> • Alternative protein korma - cutting skills, alternate proteins • stir fry - quick cooking, knife skills • Gingerbread biscuits - weighing, baking, portioning and combining ingredients • Enzymatic browning - food science experiment with apples • Healthy eating project • Carrot cake - weighing, combining ingredients and baking 	<ul style="list-style-type: none"> • How maintaining a healthy lifestyle has a positive effect on our everyday lives • Be able to include protein using plant based alternatives • Impact of allergens and religions on dietary choices • How to evaluate and self-assess own products • Considering other peoples preferences when designing a recipe • How to accurately conduct and record the outcomes of a Food Science experiment around the results of Enzymatic Browning







FOOD PREPARATION AND NUTRITION

YEAR 9 - CURRICULUM MAP

The Year 9 content focuses on 3 key areas:

Assessment points in BLUE

- Building on their knowledge from middle school and continue to enjoy Food!
- Students' knowledge on nutrition/healthy eating is ready for GCSE, Life and built on from Middle School
- Students cooking skills are ready for GCSE and cooking on their own (dishes build up on complexity of skill level)

Week	Content	Nutrition
1	<ul style="list-style-type: none"> • Health and Safety / Knife Skills – Review and Check • Seasonality of veg and Food Provenance of Meat • Stir Fry demonstration • Homework – Health and Safety Quiz 	
2	<ul style="list-style-type: none"> • Stir Fry Practical – Knife Skills / Healthy Eating 	
3	<ul style="list-style-type: none"> • Food science – basics of gluten formation, raising agents, protein content in flour • Food Provenance of Flour • Pizza demonstration • Homework – Carbohydrates Quiz 	
4	<ul style="list-style-type: none"> • Pizza Practical – Making a dough / Healthy Eating 	
5	<ul style="list-style-type: none"> • Food science – basics of shortening, raising agents, protein content in flour, shortening/gluten formation, taste testing • Scone demonstration • Homework – Proteins Quiz 	
6	<ul style="list-style-type: none"> • Scone Practical – Making a dough / Presentation / Batch production / Portion control • Half term practical assessment 	
7	<ul style="list-style-type: none"> • Healthy Eating Guidelines / Adapting sweet recipes • Muffin demonstration • Homework – Fats Quiz 	
8	<ul style="list-style-type: none"> • Muffin Practical – Making a batter / Presentation / Modifying recipes to make them healthier 	
9	<ul style="list-style-type: none"> • Pastry shaping / High Risk Foods / Healthy Eating Guidelines • Sausage Roll demonstration • Homework – Vitamins and Minerals Quiz 	
10	<ul style="list-style-type: none"> • Sausage Roll Practical – Shaping pastry / Modifying recipes to make them healthier 	

Year 9 Rotation 1 - Weeks 1-6, Rotation 2 – Weeks 7-10

FOOD PREPARATION AND NUTRITION

YEAR 10 - CURRICULUM MAP

The Year 10 content focuses on 3 key areas:

Assessment points in BLUE

- Building on their knowledge from Year 9 (healthy eating, nutrition and food science).
- Teaching the content for each food commodity needed for their NEA and written exam.
- Teaching the 20 skills needed for their NEA.

	Half Term	Cooking Skill	Commodity	Content covered per commodity
Year 10	<i>All change</i>	<div style="display: flex; align-items: center;"> <div style="writing-mode: vertical-rl; transform: rotate(180deg); background-color: #00FF00; padding: 2px;">Skill Level of dishes increases</div> <div style="margin-left: 10px;"> </div> </div> <div style="font-size: 8px; margin-top: 5px;">(the 20 cooking skills are taught with the dishes made)</div>	<i>Fruits and vegetables, including potatoes (fresh, frozen, dried, canned and juiced).</i> <div style="background-color: #00FFFF; padding: 2px; text-align: center;">Half term written assessment – Fruit and Vegetables</div>	<p>Each half term a different food commodity will be covered and each of the following topics will be explored in relation to that commodity. The topics relate to the subject content needed for the GCSE:</p> <ul style="list-style-type: none"> • Food Provenance. • How the commodity is grown, reared and processed. • Classification. • Nutritional Value. • Dietary Considerations. • Food Science. • Food Hygiene and Safety. • Storage.
	1		<i>Milk, Cheese and Yoghurt.</i> <div style="background-color: #00FFFF; padding: 2px; text-align: center;">Half term written assessment – Level 2 Food Safety</div>	
	2		<i>Cereals (including flours, breakfast cereals, bread and pasta).</i> <div style="background-color: #00FFFF; padding: 2px; text-align: center;">Half term written assessment – Cereals</div>	
	3		<i>Meat, Fish, Poultry, Eggs.</i>	
	4		<i>Meat, Fish, Poultry, Eggs.</i> <div style="background-color: #00FFFF; padding: 2px; text-align: center;">Half term written assessment – Meat</div>	
	5		<i>Scone Investigation</i> <i>Vegan/Vegetarian Assessment - Soya, Tofu, Beans, Nuts and Seeds.</i> <div style="background-color: #00FFFF; padding: 2px; text-align: center;">Half term practical assessment for both</div>	
	6		<i>Butter, Oils, Margarine, Sugar and Syrup.</i> <div style="background-color: #00FFFF; padding: 2px; text-align: center;">Half term written assessment – Fats and Sugars</div>	

FOOD PREPARATION AND NUTRITION

YEAR 11 - CURRICULUM MAP

	Half Term	Content
Year 11	1	Preparation for Non Examination Assessment 1 . Assessment 1 - PRACTICAL EXAM IN CLASS TIME , Evaluations
	2	Preparation for Non Examination Assessment 2 . (Analysis, Plan of Action, Research) MOCK EXAM - Written
	3	Preparation for Non Examination Assessment 2 . (Recipe Trials, Reason for Choice, Requisitions, Time Plan)
	4	Assessment 2 - 3 HOUR PRACTICAL EXAM Evaluation for Non Examination Assessment 2 .
	5	Revision.
	6	FINAL EXAM - WRITTEN