CURRICULUM PLAN – FOOD TECHNOLOGY

Food Technology in our school equips our pupils with the knowledge, understanding and skills required to cook and understand the benefits of nutrition, and healthy eating. Our curriculum encourages pupils to cook and enables them to make informed decisions about a wide range of further learning opportunities and career pathways as well as develop vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life. Through food technology pupils demonstrate effective and safe cooking skills by planning, preparing and cooking, using a variety of food commodities, cooking techniques and equipment. Pupils understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international), to inspire new ideas or modify their cooking.

EXPLORE	DISCOVERY	INSPIRE

• Hygiene and Safety
  • Working safely in a kitchen
  • Hazards in a kitchen
  • Knife Safety
  • Hand washing
  • Cross Contamination
• The Eatwell Guide
  • Your five a day
  • Meats and Poultry
  • Fruits and Vegetables
• Healthy Meal Planning
  • Meal planning throughout life
  • Special Diets
  • Getting your five day
• Nutrients in foods
  • Proteins
  • Carbohydrates
  • Vitamins and Minerals
• World Foods
• Countries Speciality
• Energy
  • How much should we be eating
  • Athletes' meals
  • Staying active
  • Burning calories
 	
  • AQA Certificates
	• Be able to plan a nutritious, home-cooked meal using basic ingredients. (L1)
	• Plan a nutritious two-course meal. (L1)
	• Be able to prepare, cook and present a basic nutritious, home-cooked meal using basic ingredients. (L1)
	• Select and prepare ingredients for recipes for a nutritious, two-course meal. (L1)
	• Use cooking skills when following the recipe (L1)
	• Demonstrate food safety and hygiene throughout the preparation and cooking process (L1)
	• Apply presentation skills when serving the meal (L1)
	• Understand how to cook economically at home. (L1)
	• Explain ways to economise when cooking at home. (L1)
	• Be able to pass on information about cooking meals at home from the start, be able to adapt / modify recipes with ease and identify ways information about cooking meals at home from scratch has been passed on to others. (L1)
	
	• Level 1 Qualification in Hospitality and Catering
		• Be able to plan a nutritious, home-cooked meal using basic ingredients. (L2)
		• Plan a nutritious two-course meal. (L2)
		• Be able to prepare, cook and present a basic nutritious, home-cooked meal using basic ingredients. (L2)
		• Select and prepare ingredients for recipes for a nutritious, two-course meal. (L2)
		• Use cooking skills when following the recipe (L2)
		• Demonstrate food safety and hygiene throughout the preparation and cooking process (L2)
		• Apply presentation skills when serving the meal (L2)
		• Understand how to cook economically at home. (L2)
		• Explain ways to economise when cooking at home. (L2)
		• Be able to pass on information about cooking meals at home from the start, be able to adapt / modify recipes with ease and identify ways information about cooking meals at home from scratch has been passed on to others. (L2) -
		
		• Level 2 Qualification in Hospitality and Catering