



2021-2022 KS3 Curriculum Map
FOOD TECHNOLOGY

Year	Context	Key Knowledge and Concepts
KS3	Demo, tasting, Theory – health, safety, hygiene and equipment familiarisation (2 hrs) Skills test	Health, Safety and Hygiene Knife grips – bridge grip, claw grip (fine cutting) Boiling (pasta/potatoes) – rapid bubbling without spitting is required for cooking Use of the Hob – controlling heat to prevent spoilage and fire Sauté means lightly frying in oil Kitchen hygiene – clear and clean work surfaces prevent cross contamination High risk food should be refrigerated at point of purchase (protein) Low risk foods require dry storage (tins, pasta, rice and other dried food) Personal hygiene – clean hands and nails and hair tied back prevent physical contaminants Risk assessments – plan to prevent accidents and keep safe Equipment - which tool for which job?
	super noodles Fruit Puddings (year 7 only)	Chopping – uniformity means cooking times are consistent Sauté – vegetables change colour and texture when they are sautéed Peeling – using peelers safely Blending – changes the texture of food and can be varied Seasoning – adding salt, pepper and herbs enhance flavour Rubbing in method – combine ingredients to form fine bread crumbs (fruit crumble) Seasonality is produce that is harvested and naturally ready to eat at a specific time of the year in terms of flavour, texture and nutritional value
	Goujons and Coleslaw Breakfast bites (year 7 only)	Eat Well Guide – healthy eating is eating a variety of food groups in correct proportion to provide essential nutrients for healthy living Five essential nutrients are protein, carbohydrates, fats, (macronutrients), vitamins, minerals (micronutrients) Food labelling tells us when it is safe to eat foods Coating – coating is sequenced to adhere coating to meat (flour, egg, bread) Use of the oven – Different settings on the oven can be used for different types of cooking. Different food require different temperatures and cooking times Colour of foods indicates cooked through Use of coloured chopping boards for different food types prevents cross contamination Dietary requirements are considered when creating dishes Substitutes can be used to meet dietary needs Food processor can be used for a variety of techniques. Sharp blade creates breadcrumbs.



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	<p>Scone Based Pizza Pastry /maids of honour</p> <p>Quick Bread Rolls</p>	<p>Rubbing in method can be used in a range of recipes (scone- based pizza/maids of honour-shortcrust pastry)</p> <p>Glazing improves the appearance of a product when cooked</p> <p>Raising agents – yeast is a natural fungus that aids proving and rising in bread making when warmed and yeast reacts with other ingredients</p> <p>Individual nutritional needs and preferences should inform recipe choices and how food is designed</p> <p>Dietary requirements are considered when creating dishes</p> <p>Substitutes can be used to meet dietary needs</p>
	<p>Swiss Rolls/chocolate muffins</p>	<p>Effective creaming method – ingredients are combined to smooth consistency.</p> <p>Raising agents are ingredients that react to create a gas which forms a rise</p> <p>Aeration – Whisks are used to incorporate air into egg</p> <p>There are varying methods of producing eggs such as battery farming, free range farming, organic farming</p> <p>Food processing – raw food goes through primary and secondary processes before reaching our plate</p> <p>Food provenance – where food originally comes from before reaching manufacturers, retailers and the food industry and ultimately our plates</p> <p>Economic and environmental effects of sourcing foods locally – supporting locally economy and reducing carbon footprint</p>
	<p>Ragu Sauce/meatballs</p>	<p>Macronutrients are carbohydrates, proteins and fats and are needed in large amounts</p> <p>Micronutrients are vitamins and minerals required in small portions.</p> <p>Micro and macro nutrients have different functions on the body and are sourced in different foods</p> <p>Flavouring and seasoning improves taste and includes herbs, garlic</p> <p>Reduction method thickens a sauce</p> <p>Recipes can be adapted to produce multiple dishes and to add nutritional value</p>
	<p>Cottage pie/ Sweet and sour chicken</p>	<p>Flavour star is a visual guide to aid balancing and enhancing flavours</p> <p>Cooking from scratch produces tastier, fresher and more exciting outcomes</p> <p>Flavour, texture and nutritional value can be used to evaluate dishes and suggest improvements</p> <p>Evaluation is subjective</p>