

## Food Technology 5 Year Curriculum Key stage 3

Year 7	Topic	Introduction to Food Technology
20x1hr lessons	Skill Focus	Knife skills – Fruit salad Using the hob – Pasta salad Using the oven/weighing and measuring – flapjack, apple crumble Experimental task – Effect of different raising agents in scones.
	Assessment	Assessed practical 1 – Make a batch of scones and evaluate Assessed practical 2 – Meals for mates, plan make evaluate and complete a nutritional analysis for a dish suitable to be served to their mates
Year 8	Topic	Staple Foods – Nutritive value and scientific principles on cooking
20x 1hr lesson	Skill focus	Gelatinisation of starch – sauce making Bread making – functions of ingredients in bread Making fresh pasta Shortcrust pastry – type of flour used and process of pastry making Cake making – type of flour used and role of other ingredients Experimental task – What conditions yeast needs to produce carbon dioxide? Investigating the effect of altering sugar in cakes
	Assessment	Assessed practical – Dish using staple foods, plan, make, evaluate and complete a nutritional analysis for a dish using rice, pasta or potatoes.
Year 9	Topic	Raising agents, Multicultural cooking, coking for special diets
20x 1hr lessons	Skill focus	<b><u>Raising agents</u></b> Experiments showing role of raising agents Practical's showing razing agents – Swiss roll, Rough puff pastry <b><u>Multicultural cooking</u></b> – dishes from a range of cultures <b><u>Special diets</u></b> - identifying special diets and planning meals for different groups
	Assessment	Assessed practical 1– Multicultural dish Assessed practical 2 – Calcium rich dish, including plan and nutritional analysis.