

Subject: Food Technology

Faculty Leader	Subject Leader
Mrs E Stott	Mrs E Stott

National Curriculum

The Ecclesbourne School follows the National Curriculum

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Aims: The national curriculum for food technology aims to ensure that all pupils:

- understand and apply the principles of nutrition and health
- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet
- become competent in a range of cooking techniques for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes
- understand the source, seasonality and characteristics of a broad range of ingredients.

Curriculum Intent

At Ecclesbourne School we aim to ensure that all our students :

- Understand and apply the principles of nutrition and health
- Understand how nutritional needs vary with age and health conditions
- Understand the source, seasonality and characteristics of a broad range of ingredients
- Demonstrate a repertoire of predominantly savoury dishes as part of a healthy and varied affordable diet
- Understand the economic, environmental, ethical, religious and socio-cultural influences on food availability, production processes and diet and health choices
- Understand how food contributes to various religious and spiritual events and celebrations
- Explore a range of ingredients and processes from different culinary traditions
- Instil a love of cooking that enable students to feed themselves and others
- Instil a love of cooking that leads to self-sufficiency and independence
- Achieve their expectations in a creative and innovative way
- Demonstrate knowledge of functional chemical and nutritional properties of foods
- Critique, evaluate and test food and the food of others
- Apply the principles of nutrition and healthy eating in learning between subjects and beyond the classroom as understanding of nutrition and food ultimately fuels better academic success across the curriculum

Curriculum Implementation

All students in KS3 at Ecclesbourne School will be taught Food technology and Textiles technology throughout the academic year. As part of the Design and Technology Curriculum both Food technology and Textiles will be split equally and delivered for half of the academic year.

	Content	Assessment
Year 7	<p>Preparing for practical work Personal safety Washing up Using an oven safely Knife skills Fruit and vegetable preparation skills Introduction to why we need food Introduction to the Eatwell Guide Food provenance – where does our food come from and how is it grown? Food provenance – food miles and transportation How to write a time plan Plan for practical assessment</p> <p>Students will prepare and cook a variety of dishes incorporating theoretical understanding and knowledge: Coleslaw, Courgette provencale, CousCous Salad, Crumble, Breakfast Muffins, Scones, Bread, Pizza, Making butter</p>	<p>Write a time plan for a basic recipe Describe the sensory characteristics using the correct sensory descriptors Prepare, cook and serve a dish that demonstrates a range of practical skills to meet a design brief and specification of a typically British dish Work independently and safely Evaluate their performance in the practical Demonstrate their knowledge and understanding of the theory work</p>
Year 8	<p>Preparing for practical work Personal safety Washing up Using an oven safely Knife skills Fruit and vegetable preparation skills Macronutrients – functions Micronutrients – functions Food commodities – potatoes and vegetables Food waste Food labelling</p>	<p>Food Investigation into ingredient choices. Research and plan ingredient investigation Set up taste testing carry out sensory analysis use star profiles to record your results Prepare, cook and serve a dish from a country of their choice that demonstrates a range of practical skills to meet a design brief and specification Work independently and safely Evaluate their performance in the practical Demonstrate their knowledge and understanding of the theory work</p>

	<p>Sensory Evaluations British and international cuisines</p> <p>Students will prepare and cook a variety of dishes incorporating theoretical understanding and knowledge: Stirfry, Carrot cake, Sweet & Sour chicken, Spaghetti Bolognese, macaroni Cheese, Chilli Con carne, Cupcakes, Pizza Wheels,</p>	
Year 9	<p>Preparing for practical work Where do bacteria come from? Applying the Eatwell Guide Micronutrients – nutrients in food, their sources and functions How flour is made Cereals – turning flour into pasta How to carry out a nutritional analysis Methods of heat transfer and sauce making</p> <p>Students will prepare and cook a variety of dishes incorporating theoretical understanding and knowledge: Stirfry, Turkey meatballs, Pizza, Vegetarian chilli, Cheese scones, Soup, sausage Rolls, Jam Tarts, Dutch Apple cake, Pasta Bake,</p>	<p>Write a time plan for a basic recipe Describe the sensory characteristics using the correct sensory descriptors Prepare, cook and serve a dish of their choice that demonstrates a range of practical skills to meet a design brief and specification of Healthy Eating. Work independently and safely Evaluate their performance in the practical Demonstrate their knowledge and understanding of the theory work</p>

Extra Curricular opportunities

- Cookery Club
- Taste of game workshop with pheasant
- Future chef cookery competitions
- Chef visits to school
- KS3 and KS4 Open access and homework support

Resources

- My Revision Notes: OCR GCSE Food Preparation and Nutrition' by Val Fehners
- <https://www.foodafactoflife.org.uk/>
- <https://www.bbc.co.uk/food>
- https://www.nutrition.org.uk/healthyliving/healthydiet.html?gclid=EAlaIQobChMIu8-bkZbH8gIVj63tCh15GQ5qEAAYASAAEgK05PD_BwE
- <https://www.nhs.uk/live-well/eat-well/>
- <https://www.ocr.org.uk/qualifications/gcse/food-preparation-and-nutrition-i309-from-2016/>
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