

Food Technology Curriculum Map - Year 7

Term	Units of Study	Curriculum Guidelines	NC –Aims / Focus Points
Autumn	<p>Unit 1 – Bringing Baking to Life</p> <ul style="list-style-type: none"> ○ Introduction to health and safety ○ Introduction to baking skills ○ Introduction to designing skills <p>Possible practical lessons</p> <ul style="list-style-type: none"> » Shortbread (Rubbing) » Scones (Rubbing) » Stem ginger biscuits (Melting) » Flapjacks (Melting) » Melting moments (Creaming) » Chocolate chip cookies (Creaming) 	<ul style="list-style-type: none"> ○ Build and apply a repertoire of knowledge and skills in order to design and make high quality products. 	<ul style="list-style-type: none"> ○ Use research and exploration to identify and understand user needs. ○ Become competent in a range of cooking techniques
Spring	<p>Unit 2 - The Eatwell Plate</p> <ul style="list-style-type: none"> ○ Nutritional Values ○ Knife Skills ○ Preparation Techniques ○ Designing Skills <p>Possible practical lessons</p> <ul style="list-style-type: none"> » Deli Salad (Green salad, coleslaw, couscous) » Fresh vegetable dish 	<ul style="list-style-type: none"> ○ Understand and apply the principles of nutrition ○ To learn how to cook 	<ul style="list-style-type: none"> ○ Understand and apply the principles of nutrition and health ○ Understand the source and characteristics of a range of ingredients

	<p>(ratatouille, soup)</p> <ul style="list-style-type: none"> » Starchy food dish (crumble, pasta, potato etc) » Dairy based dish (pizza toast, cheese sauce) » Protein based dish (Chicken goujons, bean burgers, fish fingers) <p>1</p>		
<p>Summer</p>	<p>Unit 3 - Food And Cooking</p> <p>Through this unit students will:</p> <ul style="list-style-type: none"> o Sensory Analysis o Subject specific Vocabulary o Combinations of different ingredients to create more advanced dishes. <p>Possible practical lessons</p> <ul style="list-style-type: none"> » Stir-fry (preparing more specialised vegetables) » Fruit salad (using exotic fruits) » Chilli con Carne (using herbs and spices) » Curry(Using herbs and spices) » Meatballs (Forming and shaping) » Koftas (Forming and 	<ul style="list-style-type: none"> o Develop the creative and practical expertise needed to perform everyday tasks confidently. o To learn how to cook 	<ul style="list-style-type: none"> o Develop and communicate design ideas using annotated sketches and detailed plans. o Test, evaluate and refine ideas against a specification. o Cook a repertoire of predominantly savoury dishes.

	shaping) » Falafels (Forming and shaping)		
Notes			