

Food Technology Skills and Content Coverage for KS3: (See progression after Year groups)

Core competences for children and young people aged 5-16 years

- The competences represent core skills and knowledge around the themes of Diet (food and drink), Consumer Awareness, Cooking (Food Preparation and Handling skills), Food Safety and Active Lifestyles (physical activity) and provide an essential benchmark.
- The competences are progressive and cumulative from one age phase to the next.
- They could be met at home, school or through other activities.
- They show essential knowledge and capability – they are neither a curriculum nor an examination specification.
- The competences reflect UK-wide practice.
- Their aim is to help children and young people to develop the skills and knowledge to make and implement healthy food choices.

Year 7	Term 1 (7 weeks)	Term 2 (7 weeks) 1 Assessment week	Term 3 (6 weeks)	Term 4 (6 weeks)	Term 5 (5 weeks)	Term 6 (7 weeks) 1 Assessment week
Topic	Getting to know the kitchen and hygiene	Carbohydrates and Dairy	Protein and Dairy	Making Changes to Recipes	Farming and Food	Planning and meal and Meat
Knowledge	Food Hygiene Coleslaw Enzymic Browning Vegetable Soup Eatwell Guide Diwali Festival Food Halloween Festival Food	Starchy carbohydrates Savoury Crumble White sauce investigation Scrummy scones In the dairy Hanukkah Festival Food Christmas Festival Food	Yummy Yoghurt Quick Pizza Packed with protein Something fishy Packed with Protein 2 Banana and crumbled topped muffins	Ramadan Festival Food Making Changes Breakfast muffins Making Changes Easter Festival Food Meal Making	Meal making 2 Stir fry What are cereals? Vaisakhi Festival food Dairy farming Baking Brownies	This is meat Ultimate beef burger Planning a meal Meal for mates That's Cooking and nutrition
Skills	Cutting – bridge and claw grip Grating Boiling Baking Weighing / measuring	Weighing / measuring Sift Rub in Mix / stir / combine Knead Roll out / cut out Glaze / coat Bake	Weigh / measure Cut / chop Dice / trim Zest Crush Beat Portion / divide Bake	Weigh / measure Cut / chop Beat Mix / stir / combine Whisk Melt Portion / divide Bake	Weigh / measure Cut / chop Beat Mix / stir / combine Whisk Simmer Boil / drain Portion / divide Bake	Weigh / measure Cut / chop Beat Mix / stir / combine Whisk Melt Form / shape Grill Portion / divide Bake

Year 8	Term 1 (7 weeks)	Term 2 (7 weeks) 1 Assessment week	Term 3 (6 weeks)	Term 4 (6 weeks)	Term 5 (5 weeks)	Term 6 (7 weeks) 1 Assessment week
Topic	Diet and Eat well Plate	Healthy Foods	Factors that affect Food Choices	Carbohydrates	Growing food / Seasonality	Planning a meal
Knowledge	Diet and Health Savoury rice Hydration Mini carrot cakes Healthy lifestyle Mini frittata Halloween Festival Food	Healthy lifestyle Diwali Festival Food Packed with Protein Fruit scones Vital Vitamins Hanukkah Festival Food Christmas Festival Food	Tuna pasta bake Vital Vitamins 2 Sweet plum stir fry What's for lunch? Spicy potato Scotch eggs Food labelling	Ramadan Festival food Carbohydrate matters Eid Festival Food Carbohydrate matters 2 Easte Festival Food Fabulous Fruit	Pizza Wheels Sugar Chilli con carne Seasonality and growing food Rogan Josh Potatoes	Plan a meal Turkey burgers Food waste Fajitas Evaluation
Skills	Weighing / measuring Sift Rub in Mix / stir / combine Grate Peel Roll out / cut out Glaze / coat Bake	Weighing / measuring Sift Rub in Mix / stir / combine Knead Roll out / cut out Glaze / coat Bake	Weighing / measuring Sift Rub in Mix / stir / combine Knead Roll out / cut out Glaze / coat Bake Form and shape	Weigh / measure Cut / chop Beat Mix / stir / combine Whisk Simmer Boil / drain Portion / divide Bake	Weigh / measure Cut / chop Beat Mix / stir / combine Whisk Simmer Boil / drain Portion / divide Bake	Weigh / measure Cut / chop Beat Mix / stir / combine Whisk Simmer Boil / drain Portion / divide Bake

Year 9	Term 1 (7 weeks)	Term 2 (7 weeks) 1 Assessment week	Term 3 (6 weeks)	Term 4 (6 weeks)	Term 5 (5 weeks)	Term 6 (7 weeks) 1 Assessment week
Topic	Food, Diet and Health	Dietary Requirements	Food Functions	Safe Food production	Festival Food and Fish	Being Creative with food
Knowledge	Food, diet and health Mushroom risotto Food, diet and health 2 Diwali Festival Food Tots to teens Halloween Festival Food Tots to teens 2	Pasta Fiorentina Special Diets Butternut squash curry Special Diets 2 Hanukkah Festival Food All about the standards Christmas Festival Food	Ramadan Festival food All about the standards 2 Samosas Food Functions Savoury tart Food Functions 2	Dutch apple cake Poultry Eid Festival Food Rice Easter Festival Food Safe food production	Vaisakhi Festival food Festival Food Lasagna Festival Food 2 Fish and Shellfish Chimichurri fish cake	Be creative Thai green curry Recipe kits Recipe kits finale That's it - evaluation
Skills	Weigh / measure Cut / chop Beat Mix / stir / combine Whisk Simmer Boil / drain Fry / Sauté Bake	Weigh / measure Cut / chop Beat Mix / stir / combine Whisk Simmer / Grill Crush / Grate Boil / drain Fry / Sauté Bake	Weigh / measure Cut / chop Beat Mix / stir / combine Whisk Simmer / Grill Crush / Grate Boil / drain Fry / Sauté Bake	Weigh / measure Cut / chop Beat Blend Grate Mix / stir / combine Whisk Simmer / Grill Crush / Grate Boil / drain Fry / Sauté Bake	Weigh / measure Cut / chop Beat Blend Grate Mix / stir / combine Whisk Simmer / Grill Crush / Grate Boil / drain Fry / Sauté Bake	Weigh / measure Cut / chop Beat Blend Grate Mix / stir / combine Whisk Simmer / Grill Crush / Grate Boil / drain Fry / Sauté Bake

Home Cooking BTech Level 1 and 2 Skills into GCSE Food Preparation and Nutrition for KS4:

Use Pearson Website - [Home Cooking BTech Scheme of Work](#)

Unit aim

This unit aims to give learners the knowledge, skills and confidence to enjoy cooking meals at home. Learners will gain understanding of how to economise when planning meals to cook at home. The unit will encourage learners to transfer skills learnt to other recipes to continue cooking for themselves and their families and to inspire others by passing on their knowledge. The unit is based on the proposition that being able to cook is an essential life skill which empowers people to make changes that have benefits to health and wellbeing.

Unit introduction

Being able to cook is an essential life skill. Learning to cook used to be passed down through the generations, but this is no longer necessarily the case. It is apparent that many people do not have the skills to cook from scratch and lack food knowledge, creating a reliance on pre-prepared or ready-cooked food. Lack of time and money are also considerable issues. These have had a significant impact on the epidemic of obesity which is likely to have a profound effect on the health of the nation over the next century.

In this unit, learners will be introduced to basic cooking skills by following recipes for simple dishes and learning how to use kitchen equipment safely. Each recipe is underpinned with knowledge about sourcing food, nutrition, hygiene and food safety where relevant. Learners will demonstrate their skills by following a recipe.

Learners will consider the value of acquiring skills for cooking at home and explore ways to pass on their knowledge of cooking skills to others. This unit aims to give learners the skills and confidence to enjoy cooking at home, to continue cooking for themselves and their families and to inspire others to do so.

Year 10	Term 1 (7 weeks)	Term 2 (7 weeks) 1 Assessment week	Term 3 (6 weeks)	Term 4 (6 weeks)	Term 5 (5 weeks)	Term 6 (7 weeks) 1 Assessment week
Topic	General Practical Skills	Food Preparation Skills	Food, Nutrition and Health	<u>BTech Level 1 Completion</u>	Nutritional Needs and Health Principals of Food Safety	Food Spoilage and contamination
Knowledge	Kitchen Safety Sandwiches Kitchen equipment Veggie Soup Bean Salad Garnishes	Jerk Curry Food Vocabulary Trifle Sauce making Tenderising Fajitas Dough Raising Agents Different breads	Meatballs Macros - Protein Fish pie Macros – Fats Sausages and mash Macros – Carbohydrates Vegetable flan Micronutrients – Vitamins Savory Muffins	Primary Collaboration Meal Planning Creating Assessment meal Veggie Pasta Micronutrients - Minerals	Nutritional needs Fish cakes Jambalaya Cottage pie	Tofu Stir fry Micro-organisms Gnocchi Calzone Beef burger Southern Fried Chicken
Skills	Weigh / measure Cut / chop Beat Blend Grate Mix / stir / combine Whisk Simmer / Grill Crush / Grate Boil / drain Fry / Sauté Bake Roll / Shape	Weigh / measure Cut / chop / tenderise Beat Blend Grate Mix / stir / combine Whisk Simmer / Grill Crush / Grate Boil / drain Fry / Sauté Bake / Knead Roll / shape / prove Marinade	Weigh / measure Cut / chop Beat Blend Grate Mix / stir / combine Whisk Simmer / Grill Crush / Grate Boil / drain Fry / Sauté Bake Roll / shape / prove	Weigh / measure Cut / chop Beat Blend Grate Mix / stir / combine Whisk Simmer / Grill Crush / Grate Boil / drain Fry / Sauté Bake Roll / shape / prove Blind bake	Weigh / measure Cut / chop Beat Blend Grate Mix / stir / combine Whisk Simmer / Grill Crush / Grate Boil / drain Fry / Sauté Bake Roll / shape / prove Mash	Weigh / measure Cut / chop Beat Blend Grate Mix / stir / combine Whisk Simmer / Grill Crush / Grate Boil / drain Fry / Sauté Bake Roll / shape / prove Coating

Year 11	Term 1 (7 weeks)	Term 2 (7 weeks) 1 Assessment week	Term 3 (6 weeks)	Term 4 (6 weeks)	Term 5 (5 weeks)	Term 6 (7 weeks) 1 Assessment week
Topic	Cooking of Food and heat transfer	Functional and chemical processes of food 1	Functional and chemical processes of food 2	Environmental impact and sustainability of food	Food Processing and Production	
	Practical GCSE Food Investigation		Factors affecting food choice	<u>BTech Level 2 Completion</u>	Practical GCSE Food Preparation Examination Theory GCSE examination	
Knowledge	Hygiene Factors Frittata Transfer of heat – conduction, convection and radiation Cooked Breakfast Time flow Pasties Appropriate cooking methods e.g. blanching, braising etc Seasonality	Functional and chemical properties of food e.g. proteins – structure, denaturing Roasted Squash Soup Spices, beans and pulses Food Safety Food economy Carbohydrates – gelatinisation, dextrinization and caramelisation Pizzas	Fats and Oils – Structure, aeration Leftovers Fruit and Vegetables – enzymic browning Lasagna Portion sizes Raising agents Dauphinoise potatoes Cottage pie Factors affecting food choice e.g. life style, allergies, religion and cost	Fish pie and baked apples Food Sources – food provenance Genetically modified foods Primary Collaboration Meal Planning Creating Assessment meal Food and the environment Sustainability of food	Food production Technological advances in food production	
Skills	Weigh / measure Cut / chop Beat Blend Grate Mix / stir / combine Whisk Simmer / Grill Crush / Grate Boil / drain Fry / Sauté Bake Roll / shape / prove Blind bake	Weigh / measure Cut / chop Beat Blend Grate Mix / stir / combine Whisk Simmer / Grill Crush / Grate Boil / drain Fry / Sauté Bake Roll / shape / prove Blind bake	Weigh / measure Cut / chop Beat Blend Grate Mix / stir / combine Whisk Simmer / Grill Crush / Grate Boil / drain Fry / Sauté Bake Roll / shape / prove Blind bake	Weigh / measure Cut / chop Beat Blend Grate Mix / stir / combine Whisk Simmer / Grill Crush / Grate Boil / drain Fry / Sauté Bake Roll / shape / prove Blind bake	Weigh / measure Cut / chop Beat Blend Grate Mix / stir / combine Whisk Simmer / Grill Crush / Grate Boil / drain Fry / Sauté Bake Roll / shape / prove Blind bake	