



**Food Technology**  
**5 Year**  
**Curriculum Journey**  
**2021 – 2022**

# Food and Nutrition

Year group: 7		Exam Board: WJEC
	Content	Department Assessment
<b>Autumn Term 1</b>	FPT Small Cakes - Creaming Method FPT Apple Crumble - Rubbing In Method  Cookery Tools Test Recipe Writing	Weighing & Measuring Skills Knife Skills Self-assessed Teacher Assessed
<b>Autumn Term 2</b>	FPT Healthy Pizza - Kneading/Knife Skills FPT Minestrone Soup - Conduction on hob  Theory: Pizza Design Task Pizza Evaluation	Bridge Hold/Claw & Grip Hob Safety Teacher Assessed Self- Assessed
<b>Spring Term 1</b>	FPT Fruit Smoothie - Juicing using blenders FPT Fruit Flapjacks - Melting Method hob FPT Tomato & Herb Sauce - Reduction Mac 'N' Cheese - Grating/Oven Dish Baking Cheese Scones - Rubbing In/Portion Control Theory: Smoothie Design	Safe use of electrical appliances <b>Formal FPT Assessment</b> Preparation Process H & S Product Outcome Self-Assessment
<b>Homework</b>	Aims to link real life scenarios and cooking environment with class experiences. E.g. comparison of equipment, grocery shopping, healthy eating, (Eatwell Plate), food preparation and storage, food safety etc.  Build independent research skills about global food and knowledge of industrial practices	
<b>Subject / Department Key Terms</b>	Ingredients, Equipment and Skills Key Terms	

<p><b>Recommended Reading / Viewing</b></p>	<p>HS Healthy eating: <a href="http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx">http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx</a></p> <p>Change 4 life: <a href="http://www.nhs.uk/Change4Life/Pages/be-more-active.aspx">http://www.nhs.uk/Change4Life/Pages/be-more-active.aspx</a></p> <p>BBC Food recipes: <a href="http://www.bbc.co.uk/food/">http://www.bbc.co.uk/food/</a></p> <p>Fairtrade: <a href="http://www.fairtrade.org.uk/What-is-Fairtrade">http://www.fairtrade.org.uk/What-is-Fairtrade</a></p> <p>Food miles: <a href="http://www.foodmiles.com/more.cfm">http://www.foodmiles.com/more.cfm</a></p> <p>Fruit classification: <a href="https://en.wikipedia.org/wiki/Fruit#Development">https://en.wikipedia.org/wiki/Fruit#Development</a></p> <p>BBC Bitesize Food Technology: <a href="http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/">http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/</a></p>
<p><b>How can technology help in this subject?</b></p>	<p>ICT access for research</p> <p>Laptops</p>
<p><b>Skills required to succeed in this subject...</b></p>	<p>Numeracy - weighing and measuring, recipe adaptation</p> <p>Literacy - portfolio, key literacy, annotation, evaluation, written response in exam</p> <p>Design skills -illustration</p> <p>Practical Food Preparation skills</p> <p>Research skills</p> <p>Data analysis and presentation skills</p>
<p><b>Vision for this subject...</b></p>	<p>To enable pupils to cook proficiently, selecting appropriate tools and equipment and cooking methods.</p> <p>To be able to read and follow a recipe accurately to produce successful outcomes.</p> <p>To be able to share cooking practises in the home environment and develop skills through further learning at home.</p> <p>To broaden the healthy eating concept and encourage exploration of global cuisine/special diets.</p>

# Food and Nutrition

**Year group: 8**

**Exam Board:  
WJEC**

## Content

## Department Assessment

**Autumn  
Term 1**

FPT Bread - Kneading, shaping, moulding and designing

Food prep and nutrition routines  
Food contamination and bacteria  
Food technology terms

Bread origins  
Bread research and information  
Breads from around the world  
Bread taste testing  
Bread savoury design work

Weighing & Measuring Skills  
Knife Skills  
Self-assessed  
Teacher Assessed

**Autumn  
Term 2**

FPT Healthy Pizza - Rubbing in method, construction and layering  
FPT Stir fry - chopping and knife skills  
FTP Christmas cooking - large decorated shortbread biscuits - decorating and construction skills

The Eatwell Plate  
Nutrients (protein and carbohydrates)  
Nutrition challenge

Bridge Hold/Claw & Grip  
Hob Safety  
Teacher Assessed  
Self- Assessed

**Spring  
Term 1**

FPT Two course menu based on small group country of choice  
FPT Fairtrade dish - based on research

Theory:  
Food around the world  
What the world eats  
Fairtrade

Safe use of electrical appliances  
**Formal FPT Assessment**  
Preparation Process  
H & S  
Product Outcome  
Self-Assessment

**Homework**

Aims to link real life scenarios and cooking environment with class experiences. E.g. comparison of equipment, grocery shopping, healthy eating, (Eat Well Plate), food preparation and storage, food safety etc.

Build independent research skills about global food and knowledge of industrial practices

**Subject /  
Department  
Key Terms**

Ingredients, Equipment and Skills Key Terms

<p><b>Recommended Reading / Viewing</b></p>	<p>HS Healthy eating  <a href="http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx">http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx</a></p> <p>How is food poisoning caused?  <a href="https://www.youtube.com/watch?v=nkVY08aqC28">https://www.youtube.com/watch?v=nkVY08aqC28</a></p> <p>History of Bread  <a href="https://www.youtube.com/watch?v=oOjc4KZTWzg&amp;t=1s">https://www.youtube.com/watch?v=oOjc4KZTWzg&amp;t=1s</a></p> <p>Bread shapes  <a href="https://www.youtube.com/watch?v=NdTAcAgOONw">https://www.youtube.com/watch?v=NdTAcAgOONw</a></p> <p>How to make bread  <a href="https://www.youtube.com/watch?v=9xW8-H6qjJ8">https://www.youtube.com/watch?v=9xW8-H6qjJ8</a></p> <p>Making better food choices using eatwell plate  <a href="https://www.youtube.com/watch?v=1tJYcNt6Bpk&amp;t=3s">https://www.youtube.com/watch?v=1tJYcNt6Bpk&amp;t=3s</a></p> <p>BBC Food recipes <a href="http://www.bbc.co.uk/food/">http://www.bbc.co.uk/food/</a></p> <p>Fairtrade <a href="http://www.fairtrade.org.uk/What-is-Fairtrade">http://www.fairtrade.org.uk/What-is-Fairtrade</a></p> <p>Fairtrade chocolate  <a href="https://www.youtube.com/watch?v=-XbP4cn8xhU">https://www.youtube.com/watch?v=-XbP4cn8xhU</a></p> <p>Fairtrade organic farmers and workers  <a href="https://www.fairtrade.org.uk/farmers-and-workers/bananas/">https://www.fairtrade.org.uk/farmers-and-workers/bananas/</a></p> <p>BBC Bitesize Food Technology  <a href="http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/">http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/</a></p>
<p><b>How can technology help in this subject?</b></p>	<p>ICT access for research  Laptops</p>
<p><b>Skills required to succeed in this subject...</b></p>	<p>Numeracy - weighing and measuring, recipe adaptation  Literacy - portfolio, key literacy, annotation, evaluation, written response in exam  Design skills -illustration  Practical Food Preparation skills  Research skills  Data analysis and presentation skills</p>
<p><b>Vision for this subject...</b></p>	<p>To enable pupils to cook proficiently, selecting appropriate tools and equipment and cooking methods.  To be able to read and follow a recipe accurately to produce successful outcomes.  To be able to share cooking practises in the home environment and develop skills through further learning at home.  To broaden the healthy eating concept and encourage exploration of global cuisine/special diets.</p>

# Food and Nutrition

<b>Year group: 9</b>		<b>Exam Board: WJEC</b>
	<b>Content</b>	<b>Department Assessment</b>
<b>Autumn Term 1</b>	<p>FPT Cup Cakes -Creaming Method &amp; portion control FPT Cake experiment - Effects of adding and removing key ingredients/ Creaming method</p> <p>Be a safe food handler Science of cooking Cake investigation Cake making methods Cake taste testing</p>	<p>Weighing &amp; Measuring Skills Knife Skills Self-assessed Teacher Assessed</p>
<b>Autumn Term 2</b>	<p>FTP Thai Green curry with naan bread - working in pairs, modelling and shaping the bread FTP Stir Fry - Pan frying, chopping measuring, using timers effectively FTP - Palmier biscuits (Christmas cooking) - layering, constructions skills, shaping</p> <p>Theory: Small cupcake business analysis Costing and packaging</p>	<p>Bridge Hold/Claw &amp; Grip Hob Safety Teacher Assessed Self- Assessed</p>
<b>Spring Term 1</b>	<p>FPT Baklava (Greek cooking)- Layering, construction and hob skills FPT Jamaican patty - Construction skills, hob skills</p> <p>Theory: Special dietary needs Macro and Micronutrients What is an antioxidant? Vegetarian cooking Intolerances and allergies Focus countries: Greece and Jamaica</p>	<p>Safe use of electrical appliances <b>Formal FPT Assessment</b> Preparation Process H &amp; S Product Outcome Self-Assessment</p>
<b>Homework</b>	<p>Aims to link real life scenarios and cooking environment with class experiences. E.g. comparison of equipment, grocery shopping, healthy eating, (Eatwell Plate), food preparation and storage, food safety etc.</p> <p>Build independent research skills about global food and knowledge of industrial practices</p>	
<b>Subject / Department KeyTerms</b>	<p>Ingredients, Equipment and Skills Key Terms</p>	

<p><b>Recommended Reading / Viewing</b></p>	<p>Health and Safety basics  <a href="https://www.youtube.com/watch?v=pLJ703rOTq4">https://www.youtube.com/watch?v=pLJ703rOTq4</a></p> <p>BBC GCSE Food preparation and handling  <a href="https://www.youtube.com/watch?v=flxmB8NKMzE">https://www.youtube.com/watch?v=flxmB8NKMzE</a></p> <p>BBC Food recipes <a href="http://www.bbc.co.uk/food/">http://www.bbc.co.uk/food/</a></p> <p>Channel 5 Wonderful World of Cakes  <a href="https://www.channel5.com/show/amazing-cakes-bakes/">https://www.channel5.com/show/amazing-cakes-bakes/</a></p> <p>Channel 4 Extreme cake makers  <a href="https://www.channel4.com/programmes/extreme-cake-makers">https://www.channel4.com/programmes/extreme-cake-makers</a></p> <p>Paul Hollywood What went wrong with cakes  <a href="https://www.youtube.com/watch?v=m8g0CZrt7yw">https://www.youtube.com/watch?v=m8g0CZrt7yw</a></p> <p>BBC Bitesize Food Technology  <a href="http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/">http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/</a></p> <p>Food intolerances - What is celiac disease?  <a href="https://www.youtube.com/watch?v=l2KKyUo8Ujs">https://www.youtube.com/watch?v=l2KKyUo8Ujs</a></p> <p>Vegan diet - The Game Changers  <a href="https://www.youtube.com/watch?v=xXJMIXcxUfc">https://www.youtube.com/watch?v=xXJMIXcxUfc</a></p>
<p><b>How can technology help in this subject?</b></p>	<p>ICT access for research</p> <p>Laptops</p>
<p><b>Skills required to succeed in this subject...</b></p>	<p>Numeracy - weighing and measuring, recipe adaptation</p> <p>Literacy - portfolio, key literacy, annotation, evaluation, written response in exam</p> <p>Design skills -illustration</p> <p>Practical Food Preparation skills</p> <p>Research skills</p> <p>Data analysis and presentation skills</p>
<p><b>Vision for this subject...</b></p>	<p>To enable pupils to cook proficiently, selecting appropriate tools and equipment and cooking methods.</p> <p>To be able to read and follow a recipe accurately to produce successful outcomes.</p> <p>To be able to share cooking practises in the home environment and develop skills through further learning at home.</p> <p>To broaden the healthy eating concept and encourage exploration of global cuisine/special diets.</p>

# Food and Nutrition

**Year group: 10**

**Exam Board:  
WJEC Eduqas**

	<b>Content</b>	<b>Department Assessment</b>
<b>Autumn Term 1</b>	<p>FPT Garnishes - Knife Skills/Fruit/Veg                      FPT Calzone Pizza - Bread dough                      FPT Fish Cakes - Coating and combining                      FPT Cheesecake - Gelation                      FPT Naan - Additions/Toppings/Global Staple                      FPT Palmiers - Pastry Preparation/Shaping                      FPT Casserole - Moist cooking method</p> <p><b>Theory Booklet:</b>                      Food Commodities                      Diet &amp; Good Health</p>	<p>Weighing &amp; Measuring Skills                      Knife Skills                      Science of Cooking                      Food Safety and Hygiene                      Development of Skills                      Seasonal/Special Diet/Global Foods                      Self-assessed/Peer Assessed                      Teacher Assessed                      Regular Assessment Test</p>
<b>Autumn Term 2</b>	<p><b>SCONES INVESTIGATION Report</b>                      Research, Hypothesis, Plan, Conduct Experiment,                      Analyse Data, Conclusion.</p> <p><b>Theory Booklet:</b>                      Balanced Diet                      Science of Food</p> <p><b>STREETFOOD DMA Project</b>                      Research, Plan, trial dishes, Manufacture, Evaluate.</p>	<p>Teacher Assessed Coursework                      Portfolio                      Fair Testing                      Record and Analysis of Data                      Assessment 1: Component 2                      15% GCSE 8 hours Coursework                      inc. 1.5 hour Practical                      Assessment 2: Component 2                      35% GCSE 12 hours Coursework                      inc. 3 hour Practical</p>
<b>Spring Term 1</b>	<p><b>DMA Research:</b>                      Research/Mindmap                      Questionnaire/Results Analysis                      Sensory Analysis Testing                      Menu Ideas  <a href="#">Trial Dishes &amp; Practise Exam</a>                      Trial Dish Evaluation</p> <p><b>Theory Booklet:</b>                      Why recipes do not succeed.                      Food Spoilage                      Food Provenance                      Sustainability &amp; Food Security</p>	<p>Preparation Process                      Equipment &amp; Skills                      Cooking Process                      Product Outcome                      Self-Assessment                      Teacher Assessment</p>
<b>Spring Term 2</b>	<p><b>DMA Planning:</b>                      Final Menu &amp; Justification                      Food Requisitions                      Production Plan                      Production Plan                      Finish and preparing</p> <p><b>Theory Booklet:</b>                      Food Manufacturing                      Primary/Secondary Processing                      Technological Development</p>	<p>Formal FPT Teacher Assessment                      Preparation Process                      Equipment &amp; Skills                      Cooking Process                      H &amp; S                      Product Outcome                      Self-Assessment                      Regular Assessment Test  <a href="#">Practical Exam 1hour 30 min</a></p>



<b>Summer Term 1</b>	Evaluation of Exam <b>DMA Completion:</b> Nutritional Tables Costing Evaluation Conclusion Appendices <b>Exam Preparation</b>	Teacher Assessment
<b>Summer Term 2</b>	<b>Practical Skills Continued:</b> FPT Roast meat & Veg. - Dry heat method FPT Creamed Sponge - Creaming/Processor FPT Quiche - Coagulation/Rubbing In FPT Chocolate Eclairs - Choux Pastry/Piping FPT Hollandaise Sauce/Poached Egg FPT Homemade Pasta & White Sauce	Teacher Assessment
<b>Homework</b>	Aims to link real life scenarios and cooking environment with class experiences. E.g. comparison of equipment, grocery shopping, healthy eating, (Eatwell Plate), food preparation and storage, food safety etc. Build independent research skills about global food and knowledge of industrial practices Practise Exam Questions/Past Papers/Revision Guide Flash Cards Development for Revision	
<b>Subject / Department Key Terms</b>	Examination Command Words Topic Key Terms and Definitions Equipment and Skills Terms	
<b>Recommended Reading / Viewing</b>	Change 4 life <a href="http://www.nhs.uk/Change4Life/Pages/be-more-active.aspx">http://www.nhs.uk/Change4Life/Pages/be-more-active.aspx</a> BBC Food recipes <a href="http://www.bbc.co.uk/food/">http://www.bbc.co.uk/food/</a> BBC Bitesize Food Technology <a href="http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/">http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/</a> <a href="https://www.youtube.com/watch?v=227cldg0lxk">https://www.youtube.com/watch?v=227cldg0lxk</a> UK Food Banks See Spike in Demand As More Families Affected by Pandemic <a href="https://www.youtube.com/watch?v=xJfgXtXeYas">https://www.youtube.com/watch?v=xJfgXtXeYas</a> Fix Pension Poverty 1.5 million older Australians rely solely on the Age Pension. Almost a third of them are living in poverty. <a href="https://www.youtube.com/watch?v=aMV3g4ME6-w">https://www.youtube.com/watch?v=aMV3g4ME6-w</a> One Week Of ONLY Seasonal And Local Food Challenge STREETFOOD: <a href="https://www.youtube.com/watch?v=stKQNtc16zc">https://www.youtube.com/watch?v=stKQNtc16zc</a> <a href="https://www.youtube.com/watch?v=IZGnEC8y158">https://www.youtube.com/watch?v=IZGnEC8y158</a> <a href="https://www.youtube.com/watch?v=GOaVYjQ9jFo">https://www.youtube.com/watch?v=GOaVYjQ9jFo</a> GCSE FOOD PREPARATION & NUTRITION WJEC Exam Practice Workbook	
<b>How can technology help in this subject?</b>	ICT access for research Laptops	
<b>Skills required to succeed in this subject...</b>	Numeracy - weighing and measuring, recipe adaptation Literacy - portfolio, key literacy, annotation, evaluation, written response in exam Design skills -illustration Practical Food Preparation skills Research skills Data analysis and presentation skills Reflective Evaluation Skills	

<b>Vision for this subject...</b>	To enable pupils to cook proficiently, selecting appropriate tools and equipment and cooking methods. To be able to read and follow a recipe accurately to produce successful outcomes. To be able to share cooking practises in the home environment and develop skills through further learning at home. To broaden the healthy eating concept and encourage exploration of global cuisine/special diets.
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# Food and Nutrition

**Year group: 11**

**Exam Board:  
WJEC Eduqas**

## Content

## Department Assessment

**Autumn  
Term 1**

**SUGAR IN SPONGE CAKES INVESTIGATION**  
Research, Hypothesis, Plan, Conduct Experiment, Analyse Data, Conclusion.

**Theory REVISION PRACTICE QUESTIONS AND FLASH CARDS:**  
Food Commodities  
Diet & Good Health

Teacher Assessed Coursework Portfolio  
Fair Testing  
Record and Analysis of Data  
Self-assessed/Peer Assessed  
Teacher Assessed  
Regular Assessment Test  
**Assessment 1: Component 2**  
**15% GCSE 8 hours Coursework inc. 1.5 hour Practical**

**Autumn  
Term 2**

**Theory REVISION PRACTICE QUESTIONS AND FLASH CARDS:**  
Balanced Diet  
Science of Food  
**DMA Project**  
Research, Plan, trial dishes, Manufacture, Evaluate.  
**DMA Research:**  
Research/Mindmap  
Questionnaire/Results Analysis  
Sensory Analysis Testing  
Menu Ideas  
Trial Dish Evaluation

Self-assessed/Peer Assessed  
Regular Assessment Test  
Preparation Process  
Equipment & Skills  
Cooking Process  
Product Outcome  
**Assessment 2: Component 2**  
**35% GCSE 12 hours Coursework inc. 3 hour Practical**

**Spring  
Term 1**

**DMA Planning:**  
Final Menu & Justification  
Food Requisitions  
Production Plan  
Production Plan  
Finish and preparing  
Practical Exam 3 hour  
**Theory Booklet:**  
Why recipes do not succeed.  
Food Spoilage  
Food Provenance  
Sustainability & Food Security

Formal FPT Teacher Assessment  
Preparation Process  
Equipment & Skills  
Cooking Process  
H & S  
Product Outcome

Self-Assessment  
Teacher Assessment

**Spring  
Term 2**

Evaluation of Exam  
**DMA Completion:**  
Nutritional Tables  
Costing  
Evaluation  
Conclusion  
Appendices  
**Theory REVISION PRACTICE QUESTIONS AND FLASH CARDS:**  
Food Manufacturing  
Primary/Secondary Processing  
Technological Development

*Teacher Assessment*

Self-Assessment

Regular Assessment Test

<p><b>Homework</b></p>	<p>Aims to link real life scenarios and cooking environment with class experiences. E.g. comparison of equipment, grocery shopping, healthy eating, (Eatwell Plate), food preparation and storage, food safety etc.</p> <p>Build independent research skills about global food and knowledge of industrial practices</p> <p>Practise Exam Questions/Past Papers/Revision Guide</p> <p>Flash Cards Development for Revision</p>
<p><b>Subject / Department KeyTerms</b></p>	<p>Examination Command Words</p> <p>Topic Key Terms and Definitions</p> <p>Equipment and Skills Terms</p>
<p><b>Recommended Reading / Viewing</b></p>	<p>Change 4 life <a href="http://www.nhs.uk/Change4Life/Pages/be-more-active.aspx">http://www.nhs.uk/Change4Life/Pages/be-more-active.aspx</a></p> <p>BBC Food recipes <a href="http://www.bbc.co.uk/food/">http://www.bbc.co.uk/food/</a></p> <p>BBC Bitesize Food Technology <a href="http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/">http://www.bbc.co.uk/schools/gcsebitesize/design/foodtech/</a></p> <p><a href="https://www.youtube.com/watch?v=227cldg0lxk">https://www.youtube.com/watch?v=227cldg0lxk</a> UK Food Banks See Spike in Demand As More Families Affected by Pandemic <a href="https://www.youtube.com/watch?v=xJfgXtXeYas">https://www.youtube.com/watch?v=xJfgXtXeYas</a></p> <p>Fix Pension Poverty 1.5 million older Australians rely solely on the Age Pension. Almost a third of them are living in poverty. <a href="https://www.youtube.com/watch?v=aMV3g4ME6-w">https://www.youtube.com/watch?v=aMV3g4ME6-w</a></p> <p>One Week Of ONLY Seasonal And Local Food Challenge STREETFOOD: <a href="https://www.youtube.com/watch?v=stKQNtc16zc">https://www.youtube.com/watch?v=stKQNtc16zc</a> <a href="https://www.youtube.com/watch?v=IZGnEC8y158">https://www.youtube.com/watch?v=IZGnEC8y158</a> <a href="https://www.youtube.com/watch?v=GOaVYjQ9jFo">https://www.youtube.com/watch?v=GOaVYjQ9jFo</a></p> <p><b>GCSE FOOD PREPARATION &amp; NUTRITION WJEC</b> Exam Practice Workbook</p>
<p><b>How can technology help in this subject?</b></p>	<p>ICT access for research</p> <p>Laptops</p>
<p><b>Skills required to succeed in this subject...</b></p>	<p>Numeracy - weighing and measuring, recipe adaptation</p> <p>Literacy - portfolio, key literacy, annotation, evaluation, written response in exam</p> <p>Design skills -illustration</p> <p>Practical Food Preparation skills</p> <p>Research skills</p> <p>Data analysis and presentation skills</p> <p>Reflective Evaluation Skills</p>
<p><b>Vision for this subject...</b></p>	<p>To enable pupils to cook proficiently, selecting appropriate tools and equipment and cooking methods.</p> <p>To be able to read and follow a recipe accurately to produce successful outcomes.</p> <p>To be able to share cooking practises in the home environment and develop skills through further learning at home.</p> <p>To broaden the healthy eating concept and encourage exploration of global cuisine/special diets.</p>