



# St Joseph's College Subject Curriculum Map: FOOD TECHNOLOGY

## Curriculum Intent

The Food Technology Curriculum at St Joseph's College is designed to introduce students to the principles of nutrition and healthy eating. To widen the students understanding about preparing different food products in a safe and hygienic manner. We want all students to be able to make informed decisions about how the food they consume will have an impact on their body and mind both now and in the future. We aim to develop Year 7 students to become confident, resilient, and competent to prepare a variety of dishes independently and to instil a love of cooking.

Year Group	Autumn Term		Spring Term		Summer Term	
	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Key Stage 3  7  <b>End of Term Rotation</b> Students spend one and a half terms in Food Technology, then they rotate within DT to another subject area.	<b>Introduction to Health and Safety</b> Students will learn about the principles of food safety and hygiene practices in the Food Technology classroom. <b>Food Safety and Hygiene</b> Students learn how to handle food safely and hygienically. <b>Contamination</b> Students will have an understanding about bacteria and cross contamination. <b>Food spoilage</b> Students to understand the requirements/conditions for bacteria to survive and the effects they can have on health. <b>Practical lessons</b> Students will use dry and moist methods of cooking including grilling, baking, simmering and boiling. <b>Recipes</b> Students will learn how to read and follow a recipe independently as well as weighing, measuring, multiplying and dividing ingredients.	<b>Core Knowledge</b> Students will develop their understanding of what a healthy diet is. <b>Diet and Good Health</b> Students will understand the Eatwell Guide and its purpose in society. <b>Principles of Nutrition -</b> Students will learn about the function of nutrients in the body, food sources and deficiencies, allergies and intolerances, macronutrients, micronutrients and be able to identify low and high biological value proteins within a recipe. <b>Food Science</b> Students will learn about Enzymic Browning and be able to describe this as oxidation. They will also understand what can be done to prevent this. <b>Practical lessons</b> Students develop basic skills during the practical lessons.	<b>Food Provenance</b> Students will learn about seasonality and know where and how a variety of ingredients are grown, caught, reared and processed. <b>Food labelling</b> Students learn about the purpose of food labelling, food budgeting, shopping, how and where to store food correctly. <b>Practical lessons</b> Students learn to apply and build on the practical skills and techniques they have learned in term one, introducing decoration and finishing techniques.	<b>Introduction to Health and Safety</b> Students will learn about the principles of food safety and hygiene practices in the Food Technology classroom. <b>Food Safety and Hygiene</b> Students learn how to handle food safely and hygienically. <b>Contamination</b> Students will have an understanding about bacteria and cross contamination. <b>Food spoilage</b> Students to understand the requirements/conditions for bacteria to survive and the effects they can have on health. <b>Practical lessons</b> Students will use dry and moist methods of cooking including grilling, baking, simmering and boiling. <b>Recipes</b> Students will learn how to read and follow a recipe independently as well as weighing, measuring, multiplying and dividing ingredients.	<b>Core Knowledge</b> Students will develop their understanding of what a healthy diet is. <b>Diet and Good Health</b> Students will understand the Eatwell Guide and its purpose in society. <b>Principles of Nutrition -</b> Students will learn about the function of nutrients in the body, food sources and deficiencies, allergies and intolerances, macronutrients, micronutrients and be able to identify low and high biological value proteins within a recipe. <b>Food Science</b> Students will learn about Enzymic Browning and be able to describe this as oxidation. They will also understand what can be done to prevent this. <b>Practical lessons</b> Students develop basic skills during the practical lessons.	<b>Food Provenance</b> Students will learn about seasonality and know where and how a variety of ingredients are grown, caught, reared and processed. <b>Food labelling</b> Students learn about the purpose of food labelling, food budgeting, shopping, how and where to store food correctly. <b>Practical lessons</b> Students learn to apply and build on the practical skills and techniques they have learned in term one, introducing decoration and finishing techniques.

		<p><b>Technical Skills</b> Students will learn how to handle a knife safely and have an understanding of the two knife techniques the bridge hold and claw grip.</p>			<p><b>Technical Skills</b> Students will learn how to handle a knife safely and have an understanding of the two knife techniques the bridge hold and claw grip.</p>	
<p>8</p> <p><b>End of Term Rotation</b> Students spend one and a half terms in Food Technology, then they rotate within DT to another subject area.</p>	<p><b>Introduction to Health and Wellbeing</b> Students will build on prior knowledge from Year 7 and set food related targets. Students to apply their knowledge of the basic principles of healthy eating, food safety, hygiene, and food provenance.</p> <p><b>Food Safety and Hygiene -</b> Students will recap knowledge (Year 7) on the kitchen basics, safety, hygiene, and uses of equipment.</p> <p><b>Contamination</b> Students will be able to identify foods associated with specific bacteria (food spoilage), including methods of reducing the risk of cross contamination.</p> <p><b>Food spoilage</b> Students will understand binary fission (cell division in bacteria) and know how to manipulate and treat an environment and reduce food spoilage.</p> <p><b>Practical Lessons</b> Students will be able to identify the correct cooking method for all recipes. They will be able to effectively use both dry and moist and frying methods (baking, grilling, shallow frying).</p>	<p><b>Core Knowledge</b> Students will recap on their knowledge of healthy eating and well-being.</p> <p><b>Diet and Good Health</b> Students will learn about the 8 Healthy Eating Tips, a continuation from the Eatwell Guide taught in Year 7.</p> <p><b>Principles of Nutrition</b> Students will recap on their knowledge about nutrition, macronutrients, micronutrients and adapt a recipe to improve the protein value.</p> <p><b>Food Science</b> Students will understand the difference between caramelisation and the Maillard reaction, the browning of amino acids (proteins) when cooked with sugars. They will also be able to discuss raising agents and determine whether the recipe uses physical, chemical or a biological raising agent.</p> <p><b>Practical lessons</b> Students learn how to prepare and produce a range of more complex recipes, demonstrating the safe use of the hob and oven.</p>	<p><b>Food Provenance</b> Students learn about processed foods versus fresh foods and the factors affecting food choice.</p> <p><b>Food Labelling</b> Students look at the cost and nutritional information on food labels when planning a meal.</p> <p><b>Practical Lessons</b> Students develop their knife skills working on safety holds and preparation cuts (vegetables) of which are widely used in industry. They develop their understanding of ingredient functions within a recipe to create a range of savoury and sweet dishes.</p>	<p><b>Introduction to Health and Wellbeing</b> Students will build on prior knowledge from Year 7 and set food related targets. Students to apply their knowledge of the basic principles of healthy eating, food safety, hygiene, and food provenance.</p> <p><b>Food Safety and Hygiene -</b> Students will recap knowledge (Year 7) on the kitchen basics, safety, hygiene, and uses of equipment.</p> <p><b>Contamination</b> Students will be able to identify foods associated with specific bacteria (food spoilage), including methods of reducing the risk of cross contamination.</p> <p><b>Food spoilage</b> Students will understand binary fission (cell division in bacteria) and know how to manipulate and treat an environment and reduce food spoilage.</p> <p><b>Practical Lessons</b> Students will be able to identify the correct cooking method for all recipes. They will be able to effectively use both dry and moist and frying methods (baking, grilling, shallow frying).</p>	<p><b>Core Knowledge</b> Students will recap on their knowledge of healthy eating and well-being.</p> <p><b>Diet and Good Health</b> Students will learn about the 8 Healthy Eating Tips, a continuation from the Eatwell Guide taught in Year 7.</p> <p><b>Principles of Nutrition</b> Students will recap on their knowledge about nutrition, macronutrients, micronutrients and adapt a recipe to improve the protein value.</p> <p><b>Food Science</b> Students will understand the difference between caramelisation and the Maillard reaction, the browning of amino acids (proteins) when cooked with sugars. They will also be able to discuss raising agents and determine whether the recipe uses physical, chemical or a biological raising agent.</p> <p><b>Practical lessons</b> Students learn how to prepare and produce a range of more complex recipes, demonstrating the safe use of the hob and oven.</p>	<p><b>Food Provenance</b> Students learn about processed foods versus fresh foods and the factors affecting food choice.</p> <p><b>Food Labelling</b> Students look at the cost and nutritional information on food labels when planning a meal.</p> <p><b>Practical Lessons</b> Students develop their knife skills working on safety holds and preparation cuts (vegetables) of which are widely used in industry. They develop their understanding of ingredient functions within a recipe to create a range of savoury and sweet dishes.</p>

		<p><b>Recipes</b> Students learn how to prepare and cook dishes using healthier methods of cooking and ingredients.</p> <p><b>Technical Skills</b> Students will be able to use the appropriate cooking technique and demonstrate the competent use of knife skills of the bridge and claw.</p>			<p><b>Recipes</b> Students learn how to prepare and cook dishes using healthier methods of cooking and ingredients.</p> <p><b>Technical Skills</b> Students will be able to use the appropriate cooking technique and demonstrate the competent use of knife skills of the bridge and claw.</p>		
<p>9</p> <p><b>End of Term Rotation</b> Introduction to GCSE Food Preparation and Nutrition/WJEC Hospitality and Catering course and careers within the food industry. End of term rotation to another DT subject area.</p>	<p><b>Introduction to International Cuisines</b> Students will build on prior knowledge and skills from Year 7 and 8 and set food related targets.</p> <p><b>Food, Safety and Hygiene</b> Students continue to develop good practical skills, safety and hygiene learned from Year 8.</p> <p><b>Contamination</b> Students understand the importance of how to handle raw meat, cross contamination and the symptoms of food poisoning. They will also learn about the conditions bacteria need to survive and how to reduce the risks of illness.</p> <p><b>Food Spoilage</b> Students to identify high risk foods and understand the methods to ensure food safety and to understand the key temperatures for food storage.</p> <p><b>Practical Lessons</b> Students will be able to identify the correct method of cooking for all recipes. They will be able to effectively use both dry,</p>	<p><b>Core Knowledge</b> Students will apply their prior knowledge about food provenance, cuisines, food choice, dietary needs, culture, function of ingredients and nutrition.</p> <p><b>Diet and Good Health</b> Students will apply the principles of nutrition and health.</p> <p><b>Principles of Nutrition</b> Students understand the different dietary needs allergies, intolerances and dietary choices such as veganism and vegetarianism.</p> <p><b>Food Science</b> Students understand the terms, coagulation, gelatinisation, and emulsification.</p> <p><b>Practical Lessons</b> Students are encouraged to adapt the recipes and work independently to eventually produce their own international menu.</p>	<p><b>Food Provenance</b> Students learn how to cater for different dietary needs and lifestyle choices.</p> <p><b>Food Labelling</b> Students learn about the mandatory information on food labelling that includes food allergens and foods which cause an intolerance.</p> <p><b>Practical Lessons</b> Students learn how to confidently create a time plan, recap mise-en-place, prepare and cook a dish, then evaluate the outcome.</p>	<p><b>Introduction to International Cuisines</b> Students will build on prior knowledge and skills from Year 7 and 8 and set food related targets.</p> <p><b>Food, Safety and Hygiene</b> Students continue to develop good practical skills, safety and hygiene learned from Year 8.</p> <p><b>Contamination</b> Students understand the importance of how to handle raw meat, cross contamination and the symptoms of food poisoning. They will also learn about the conditions bacteria need to survive and how to reduce the risks of illness.</p> <p><b>Food Spoilage</b> Students to identify high risk foods and understand the methods to ensure food safety and to understand the key temperatures for food storage.</p> <p><b>Practical Lessons</b> Students will be able to identify the correct method of cooking for all recipes. They will be able to effectively use both dry,</p>	<p><b>Core Knowledge</b> Students will apply their prior knowledge about food provenance, cuisines, food choice, dietary needs, culture, function of ingredients and nutrition.</p> <p><b>Diet and Good Health</b> Students will apply the principles of nutrition and health.</p> <p><b>Principles of Nutrition</b> Students understand the different dietary needs allergies, intolerances and dietary choices such as veganism and vegetarianism.</p> <p><b>Food Science</b> Students understand the terms, coagulation, gelatinisation, and emulsification.</p> <p><b>Practical Lessons</b> Students are encouraged to adapt the recipes and work independently to eventually produce their own international menu.</p>	<p><b>Food Provenance</b> Students learn how to cater for different dietary needs and lifestyle choices.</p> <p><b>Food Labelling</b> Students learn about the mandatory information on food labelling that includes food allergens and foods which cause an intolerance.</p> <p><b>Practical Lessons</b> Students learn how to confidently create a time plan, recap mise-en-place, prepare and cook a dish, then evaluate the outcome.</p>	

		<p><i>moist and frying methods including baking, simmering, shallow frying, grilling.</i></p> <p><b>Recipes</b>  <i>Students apply their knowledge gained from Year 8 and begin to understand how to adapt a range of recipes to make them suitable for individuals with special dietary needs.</i></p> <p><b>Technical Skills</b>  <i>Students are able to demonstrate their use of safe knife handling skills including the bridge hold and claw grip creating specific cuts using vegetables for example Brunoise, Julienne and Jardinere.</i></p>			<p><i>moist and frying methods including baking, simmering, shallow frying, grilling.</i></p> <p><b>Recipes</b>  <i>Students apply their knowledge gained from Year 8 and begin to understand how to adapt a range of recipes to make them suitable for individuals with special dietary needs.</i></p> <p><b>Technical Skills</b>  <i>Students are able to demonstrate their use of safe knife handling skills including the bridge hold and claw grip creating specific cuts using vegetables for example Brunoise, Julienne and Jardinere.</i></p>		
Key Stage 4	10	<p><b>Introduction to GCSE Food Preparation and Nutrition Course</b>  <i>Students will understand and recap the knowledge gained from KS3 the five topics for this course - Food, Nutrition and Health, Food Science, Food Safety, Food Choice, Food Provenance. Students will reflect on the recommended guidelines for healthy eating and study the Twelve Skills Group (basic, medium/complex skills) as well as various preparation and cooking techniques covering the NEA 1 and 2 requirements.</i></p>	<p><b>Nutrition and Health</b>  <i>Students will study food preparation and cooking techniques, nutrition, energy needs of different life stages, nutritional analysis of foods, balanced diets and dietary related health.</i></p>	<p><b>Functional and Chemical Properties of Foods</b>  <i>Students to understand food science, cooking methods and heat transfer.</i></p>	<p><b>Food Safety</b>  <i>Students to understand food Spoilage, food storage, bacteria, preparing, cooking, and serving food hygienically.</i></p>	<p><b>Food Choices</b>  <i>Students to understand food labelling, marketing, British and international cuisines, sensory testing, and evaluation.</i></p>	<p><b>Food Provenance</b>  <i>Students to understand the environmental impact and sustainability, food processing, introduction of NEAs , Mini NEA 2 practical assessment.</i></p>

11	<p><b>Introduction to the NEA 1 Food Investigation Assessment</b>  <i>Students to understand how to Investigate the working characteristics and the functional and chemical properties of a particular ingredient through a compulsory practical investigation.</i></p>	<p><b>Completion of NEA 1</b> (started in Term 1).  <b>Outcome of Assessment -</b>  <i>Students to produce a written report (between 1,500 to 2,000 words) to record the results of their practical investigation, including a range of communication methods (charts, graphs) and photographic evidence.</i></p>	<p><b>Introduction to NEA 2 - Food Preparation Assessment</b>  <i>Students work independently to plan, prepare, cook and present a final menu of three dishes to meet the needs of a specific context. Students to select appropriate technical skills and processes to showcase their skills.</i></p>	<p><b>Completion of NEA 2 Practical Task</b>  <i>Students work independently making their own judgement about cooking methods, adapting recipes to improve palatability, and working safely and hygienically adhering to food safety principles at all times.</i>  <b>Outcome of Assessment -</b>  <i>Students to produce a written concise portfolio including photographic evidence authenticating the practical outcomes of the final three dishes they have made.</i></p>	<p><b>Exam preparation</b>  <i>Students will practice answering short and long exam questions in class and for homework to check their understanding of key concepts and principles and to attend revision sessions.</i></p>	<p><b>Exams</b></p>
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