



Food Technology in Key Stage 3

Year 7		
Topic	Content Learnt	High Performing Students will:
Health and Safety Food skills	<p>In year 7 students cover principles of food safety when buying, storing food and handling food.</p> <p>Health safety when using equipment</p> <p>Practical lessons linked to topic:</p> <p>Knife skills: Fruit Salad preparation</p> <p>Use of grill: Pizza toast</p> <p>Use of oven: Bread rolls Scones Fruit buns Rock buns Health and safety facts</p>	<p>Find out more about:</p> <ul style="list-style-type: none">• Food Safety https://www.food.gov.uk/food-safety• Fruit Classification https://study.com/academy/lesson/fruit-definition-types-benefits-examples.html• Research areas of food and manufacturing processes in the Food Industry https://www.youtube.com/watch?v=F9EXW837syc https://www.foodafactoflife.org.uk/ https://www.foodafactoflife.org.uk/11-14-years/food-commodities/meat/ <p>Design and make your own batch of bread rolls: think about different flavours.</p> <p>Design and bake own batch of fairy cakes based on a theme for a party or event</p>

Year 8		
Topic	Content Learnt	High Performing Students will:
Nutrition and Healthy Eating	<p>In year 8 students study the importance of healthy eating and nutrition. Incorporated into this is making food products that help develop a wide range of skills:</p> <p>Nutrition The Eatwell Guide and the function of nutrients Importance of healthy eating</p> <p>Practical lessons linked to topic include:</p> <p>Homemade pizza Cheese and onion triangles Soup Fruit crumble Stir fry Bolognaise</p> <p>Nutrition facts</p>	<p>Find out more about nutrition at these websites:</p> <p>https://www.bbc.com/bitesize/topics/zf339j6 https://www.bbc.com/bitesize/articles/zfqg4qt www.eatwell.gov.uk www.food.gov.uk www.foodcomm.org.uk www.news.bbc.co.uk www.bccca.org.uk www.nutrition.org.uk www.foodforum.org.uk www.foodtech.org.uk www.bhf.org.uk</p> <p>Modify your own bolognaise and turn it into either:</p> <p>Lasagne Chilli con carne Shepherd or cottage pie</p>

Year 9		
Topic	Content Learnt	High Performing Students will:
Dietary needs and Multicultural food products	<p>In year 9 students study key factors to ensuring a healthy diet for teenagers and a range of dietary needs.</p> <p>How to use a range of ingredients</p> <p>Nutrition – Importance of diet in teenagers</p> <p>Healthy Eating– recognising dangers of too much salt, fat and sugar in diet.</p> <p>Food Preparation– creating a range of products based on multicultural and dietary needs</p> <p>Food Provenance- social, moral and environmental considerations when buying food</p> <p>Practical assessments</p> <p>Finnish bread- enriched bread dough</p> <p>Cornish pasties- pastry making</p> <p>Risotto – cooking method</p> <p>Curry- using meat/alternative</p> <p>Dutch Apple buns- use of fruit, spices and creaming method</p> <p>Pasta Bake- sauce making and gelatinisation</p> <p>Teenage dietary needs</p> <p>Food provenance</p>	<p>Research these topics further:</p> <p>https://www.bbc.co.uk/bitesize/topics/zrdtsbk/resources/1</p> <p>https://www.nhs.uk/change4life</p> <p>www.eattheseasons.co.uk</p> <p>www.foodloversbritain.com</p> <p>www.bhf.org.uk</p> <p>https://www.bbc.co.uk/news/health-37511554</p> <p>Truth about sugar-</p> <p>Find out by asking people and researching into several supermarket foods how much sugar is in products and/ or people consume</p> <p>https://www.youtube.com/watch?v=K4LzSH9qU_Q</p> <p>https://www.youtube.com/watch?v=-Le0LnYfe-M</p> <p>Complete a survey /include results about how often teenagers eat junk food and McDonalds</p> <p>Design and make own range of healthy options meals, for example:</p> <p>Sweet and sour chicken</p> <p>Wholemeal pasta</p>