

Curriculum Overview: Food Tech

We want our pupils to:

- Develop the skills and understanding to follow health and safety and hygiene rules in a kitchen.
- Identify and locate kitchen equipment
- Develop skills to wash & dry correctly, and put equipment away in the correct place
- Develop an understanding of the skills needed to use kitchen equipment safely and gain a broad knowledge and understanding of a variety of foods, including food from different countries
- Develop the skills to follow a recipe
- Develop preparation skills – chopping, slicing, dicing, using a cheese grater
- Develop pastry skills- rubbing method, dough, and short crust pastry
- Use research techniques to look at options of different ingredients to make gluten free/vegan/vegetarian dishes
- Be enthused by lessons that are engaging, enriching and enjoyable

Secondary

Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	Class		Class		Class		Class		Class		Class	
	Tues	Thurs	Tues	Thurs	Tues	Thurs	Tues	Thurs	Tues	Tues	Thurs	Thurs
	Peake	Tesla	Dekker	Kymani	Bell	Kymani	Peake	Tesla	Dekker	Bell	Kymani	Kymani
Key stage 3/4	Pastry methods rubbing method, short crust pastry 1. Apple crumble and custard 2. Bread and butter pudding 3. Cookie dough 4. Bakewell tart 5. Flat bread 6. Patties		Students' choices 1. Full English breakfast 2. Chicken and vegetable stir fry 3. Sticky toffee pudding and toffee sauce 4. Snack bars naughty or nice 5. Fruit smoothie or fruit salad 6. Christmas cookies 7. Students' choice		Students' choices 1. Mac and cheese 2. Beef burgers 3. Pizza 4. Vegetable curry 5. Pasta bake 6. Student's choice		Spring themed 1. Easter cakes/ cookies 2. Pancakes (sweet & savoury) 3. Fajitas 4. Minestrone soup 5. Chicken goujons and sweet potato fries 6. Pizza Use an air fryer Participate in Ready Steady Cook (Meridian Trust competition)		Students' choices 1. Learning day 2. Pizza 3. Beefburgers 4. Scones - cheese/fruit/cherry 5. Cookies		Summer dishes using a variety of fruit and vegetables 1. 3 bean salad 2. Rice and vegetable dish 3. Fruit plates 4. Smoothies 5. Eton mess/summer pudding 6. Students' choice	