

KS3 Food Technology Curriculum Mapping (Years 7–8 Combined)

Intent

To give students the confidence and knowledge to cook safely, understand healthy eating, and appreciate food's cultural, scientific, and environmental aspects. Students develop practical skills, explore global cuisines, and learn to make informed, sustainable food choices.

<u>Focus Area</u>	<u>Knowledge & Understanding</u>	<u>Practical & Technical Skills</u>
Kitchen Safety & Hygiene	Importance of hygiene, avoiding cross-contamination, correct food storage. Know the layout of the food room and to recognise, name and locate some of the tools and equipment in the food room. Learn how to be safe and hygienic in a food room.	Hand washing, sanitising surfaces, safe equipment uses, knife skills (bridge & claw)
Nutrition & The Eatwell Guide	Learn and understand what nutrients are and how much of them we need in our bodies, as well as what Macro and Micro nutrients are and why they are important for the body. Looking at Food groups, nutrients, balanced diets, portion sizes.	Cook a range of dishes that contain the nutrients our body needs, focusing on making them the main ingredient. E.g. protein- Bolognese.
Basic Food Preparation Skills	Show clear understanding of classroom expectations in Food Technology. Learning how to use different weighing equipment and how to weigh and measure ingredients correctly.	Scales, measuring jugs, knife work, mixing, folding, rubbing in, boiling, baking
Introduction to Food Science	Learn about the effect heat can have on different foods and different methods of heat and what they can do for foods. Look at different ingredients and their function they have on the body, as well as comparing fats and how different ones can alter food. (coagulation, gelatinisation)	Experiment with textures and cooking methods. Gelatinisation- pasta bake.
Food Provenance & Sustainability	Learn about food sourcing and seasonality and how food gets onto our plate. Look at seasons and what foods can be grown in certain seasons and the effect air miles can have on our environment but also the cost of food.	Cooking with seasonal ingredients- stir fry, carrot cakes.
Food allergies and dietary needs	Learn about food allergies and the impact they can have on people's lives and diet but also what allergies are deadly and what are less serious. The dietary needs of people and how this can be religious, ethical or choice are also looked into and how this can affect diets.	Allergies and dietary needs are taught and considered in practical's- veggie chili, banana and raisin rascal.
Evaluation & Sensory Analysis	Learn about sense and how to complete a sensory analysis for a piece of food so that they can then use the skills learnt to improve their food when cooking. Introduce evaluation techniques to get them ready for KS4.	Structured sensory testing- Bakewell tart, gluten and dairy alternative. Feedback forms within their recipe booklets.

Y9 Food Technology Curriculum Mapping

Intent

To continue to give students the confidence and knowledge to cook safely, understand healthy eating, and appreciate food's cultural, scientific, and environmental aspects while also introducing the Hospitality and Catering Industry. Students continue to develop practical skills, explore global cuisines, and learn to make informed, sustainable food choices.

<u>Focus / Topic</u>	<u>Learning Intent</u>	<u>Skills & Knowledge</u>
Health & Safety	Show clear understanding of classroom expectations. Continue to develop how to be safe and hygienic in a food room. Recognise, name, and locate tools and equipment.	Safe use of kitchen tools, hygiene, layout of the food room.
Nutrients	Continue to understand what nutrients are and their importance. Recap what macro and micronutrients are and why they are important.	Nutrient classification, function, and dietary requirements.
Dietary Needs of Children	Understand dietary needs of children. Use this knowledge to create KS4-style written work.	Children's nutritional needs, balanced diets.
Dietary Needs of Adults	Understand dietary needs of adults and apply knowledge in writing.	Calorie requirements, balanced diet planning.
Introduction to Hospitality & Catering	Introduction to the Hospitality industry and related skills. Understand and apply safe cooking.	Overview of hospitality sector, teamwork, hygiene standards.
Cooking Methods	Learn about different cooking methods and their impact on nutrients with in food.	Boiling, frying, baking, grilling – nutrient retention/loss.
Job Roles in Hospitality	Learn about different roles and qualifications in H&C. Explore career paths.	Chef hierarchy, catering careers, progression routes.
Multiculturalism	Learn how different cultures celebrate through food. Understand religious meanings and what role food can play in this.	Global cuisines, cultural celebrations.
Assessment	Assess written skills, independence, and following instructions.	Demonstrate practical competence independently.
Presentation	Learn presentation techniques and how to make food eye-catching and appealing to customers.	Plating, garnish, colour balance.

WJEC Level 1/2 Vocational Award in Hospitality and Catering Curriculum Mapping

<u>Unit</u>	<u>WJEC Curriculum Objective</u>	<u>Year Group</u>	<u>Topics</u>	<u>Skills</u>	<u>Application</u>	<u>Assessment Method</u>
Unit 1 – Exam Content	Understand the Hospitality & Catering Provisions	Year 10	Commercial and non-commercial provisions Types of Food service Standards and Ratings Employment Roles Qualifications Contracts Pay & Benefits Environmental Impacts Impact of Technology Impact of media	Measuring ingredients accurately, Teamwork and collaboration	Investigate and visit various types of hospitality and catering establishments, including hotels, restaurants, and cafes	Research projects, case studies, End of topic tests, Questioning, Quizzes, Purple Zone, Observation.
Unit 1 – Exam Content	Understand how the Hospitality & Catering Provisions operate	Year 10	Operational Requirements Kitchen Equipment Dress codes Key documentation Meeting customer needs Customer expectations Customer demographics	Measuring ingredients accurately, Teamwork and collaboration.	Role-play scenarios, videos and visits.	Peer reviews, teacher observation, Checklists for criteria.
Unit 1 – Exam Content	Understand the importance of Health & Safety	Year 10	Health & Safety Laws Accident forms Risk assessments HACCAP	Knife skills	Plan menus that meet different dietary requirements, adapt recipes.	Written assignments, practical assessments, self-assessments and reviews, Exit Tickets.
Unit 1 – Exam Content	Understand the importance of Food Safety	Year 10	Food Hazards and Symptoms Food Intolerances Food Allergens Food Poisoning Food induced Ill health Catering& the law The Environmental Health Officer	Knife skills	Create menus for a variety of settings and clients, considering cost, presentation, and nutrition	Teacher observation, Practical assessments

Unit 2 - Coursework	The Importance of Nutrition	Year 11	Macro nutrients Micronutrients Nutrition at different life stages Special Dietary Needs	Time management	Practice cooking methods (boiling, frying, roasting) and plating techniques while managing kitchen timing	Practical assessments, teacher observation, Independent project work.
Unit 2 - coursework	Menu Planning	Year 11	Menu planning and costs Customer needs Organoleptic Qualities Dietary requirements Sustainability Productions Plan Planning requirements	Time management	Develop and present proposals for scenarios, considering budgets, themes, and customer needs	Independent Project work, presentations, Written assessments, Project based assessments.
Unit 2 - Coursework	Skills and Techniques	Year 11	Preparation & Knife techniques Cooking Techniques Presentation skills and techniques Food Safety Practices	Knife skills, Plating and food presentation, Temperature control, Portion control	Demonstrate correct food handling, hygiene practices, and adherence to kitchen safety standards	Practical assessments, hygiene checklists, Skill checklist,
Unit 2 - Coursework	Evaluation Cooking Skills	Year 11	Reviewing Dishes Reviewing your own performance	Time management	Research roles in the hospitality industry, including chefs, front-of-house staff, and management.	Independent project.