



Food Tech Learning Journey

Possible future career paths: *Food Scientist, Chef, Food Product Design, Nutritionist*



Practical lessons - Explore creativity through making a range of predominantly savoury dishes

Become competent in selecting and preparing ingredients.

Vegetarian Diet

Protein Theory

The importance of healthy eating

The principles of nutrition

Year 9

Using utensils and electrical equipment

learning how to adapt their own recipes

Eat Well Guide

Design a meal for a family of 4 for £5

Why do families cook on a budget?

Group presentation on vitamins/minerals

Refine chopping techniques: Dice, julienne, brunoise

Cooking with a protein—'Browning technique'

The 4C's—What are they?

UNIT 2: COOKING ON A BUDGET

UNIT 1: FOOD SAFETY/HYGIENE: 4C'S

Ready, steady cook lesson!

Brands Vs non Brands

Practical: Low cost meal

Stir-fry design

What is the function of vitamin A, C, D & K

Practical: Mince meat

Year 8

Practical: Protein skewers & side dish

Practical: Learn to make pasta

Design macaroni cheese

Learn how to make a cheese sauce

Where do herbs/spices come from?

Research any dish from any country

What dishes come from Mexico?

Practical: Spanish dish

UNIT 2: FOODS FROM AROUND THE WORLD

What are carbohydrates?

What are dairy alternatives?

What dishes come from Spain?

Practical: Pizza

What are proteins?

Venn diagram of health & safety

Can you identify the food groups in the eat well guide?

What is 'use by' & 'best before'?

Ragu practical

Fruit crumble practical

Sensory world, spot the safety errors

UNIT 1: THE EATWELL GUIDE

Year 7

Practical: Eggs 3 ways, boiled, fried & scrambled

Recap the rules of the cooking room

Learning the 'all in one method.'

Mini sponge cake practical

How to use a sensory chart

Sensory world, spot the hygiene errors

Bacteria poster, when do bacteria grow in food?

Can you create a food technology glossary?

FOOD SAFETY & HYGIENE

What is the difference between safety and hygiene?

Where does Ragu come from?

Adapt your Ragu recipe

When do you use Ragu in cooking?

Who created Ragu?

Design a fruit crumble

Learn the 'rubbing in' method

Year 6

Skill: Using the hob

Practical 3: Soup

What are food miles?

Foods from outside the UK

Adapt a recipe to suit own/families needs

Skill: Grating cheese safely

Skill: How to use a grill safely

Discovering the journey of the banana

Skill: Refining Bridge/claw hold

What is soup?

Safe fridge storage

Year 5

Rules of the food room

Design a salad

Skill: Bridge/claw hold

Design Pizza toast

WHERE DOES OUR FOOD COME FROM?

Learning the different varieties of fruits & vegetables

Practical 1: Salad taste test & evaluate

How/why we use a sensory chart to evaluate food

What is import/export of food?

Practical 2: Pizza Toast taste test & evaluate

Demonstrate the chop, dice and slice techniques

Follow and adapt a basic recipe

Design and make your own recipe

Taste a variety of foods – linked to rationed recipes

Understand basic hygiene practice

Research World War 2 rationed recipes.

Year 4 and Below