

Blessed Robert Sutton

Food Technology

Topics taught in

Year 7

- Personal Hygiene, Health and Safety, Food Safety and The Danger Zone
- Knives and Equipment, Measurement in food
- Food Science: Enzymic browning, Mayonnaise Practical, Making Butter,
- 'Gluten Experiments, Vitamin C Test Experiment
- Fair trade
- Eatwell guide
- Banana bread practical
- Types of Vegetables, Types of Fish,
- Carbohydrates
- Fats and Oils, Fibre, Sugars
- Types of Flour
- Vitamins and Minerals

Practicals

- Fruit Salad Practical
- Banana bread practical
- Enchiladas Practical
- Fish Goujons Practical
- Fritatas Practical
- Brownie Practical
- Garlic Bread Practical
- Cheese Scone Practical

Basic skills will be developed over the term to ensure students have used:

Knife skills, hob, oven, grill, and have a developing understanding of the eatwell guide with reference to key nutrients and food sources.

Topics taught in

Year 8

- Food hygiene and safety, HACCP
- World Foods, protein theory
- Beef, Chicken and Poultry, eggs theory.
- Gluten and pasta making
- Where our food comes from - Sustainable farming, farming methods, Grain chain, Food miles and seasonality
- Methods of cooking and Job roles in the catering industry, table setting
- Presentation Skills

Practicals:

- Bolognese
- Pizza
- Sweet and sour chicken
- Quiche
- Pear marble cake
- Homemade pasta and sauce

- Campylobacter, HACCP, Food Inspectors
- Nutrition (Carbohydrates, Protein and fats theory)
- Health conditions, Life stages, poor nutrition, special diets.

<p>Topics taught in Year 9</p>	<ul style="list-style-type: none"> • Cooking methods, Plating skills • Cake making methods • Cakes experiment (food science) <p>Practicals:</p> <ul style="list-style-type: none"> • Burger • Cous cous salad • Chicken Korma • Muffins • Asian salmon or Stir fry • Tagine • Swiss roll
<p>KS4 Specification/s and topics taught</p>	<p><u>AQA GCSE Food Preparation and Nutrition 8585</u></p> <p>Year 10</p> <ul style="list-style-type: none"> • Food, nutrition and health (key nutrients – functions, sources, effects of deficiency and excess, Life stages, special diets, dietary needs of key age groups, Major diet related illnesses) • Food science (gelatinization, dextrinization, emulsification, enzymic browning, coagulation. • Food Safety • Food Choices • Food Provenance <p>Food Preparation Skills</p> <ul style="list-style-type: none"> • General skills, Knife skills, preparing fruit and veg, using the cooker and other equipment in the kitchen. • Cooking methods • Techniques and marinating • Sauce making • Making doughs • Use of raising agents (eggs, chemical, steam and biological) • Setting of mixtures through heat and egg protein. <p>Practicals</p> <p>A range of practical's to develop all key skills and for each topic area/key nutrient.</p> <p>(1 Practical lesson every week)</p> <p>Year 11</p> <ul style="list-style-type: none"> • NEA1 15% • NEA2 35% • Revision in preparation for written paper 50%
<p>KS5 Specification/s and topics taught</p>	<p>N/A</p>