

Food Technology Year 7
 SUBJECT OVERVIEW MAP 2020-2021

	Substantive Knowledge	Disciplinary Knowledge	Assessment
Half-term 1	<ul style="list-style-type: none"> • Health & Safety • Equipment • Food Hygiene • Nutrition and Eating our 5-a-day • How to use your senses to analyse the taste, texture, aroma and appearance of food • Understanding the term 'sensory analysis' and knowing what it entails • Which nutrients and vitamins are provided by different fruits and vegetables and how they can benefit our health 	<ul style="list-style-type: none"> ✓ How to work safely when cooking – use of knives, hobs and ovens ✓ Washing up properly after practical lessons ✓ Using a variety of nutritious foods in the dishes they produce ✓ students will cook each week. All dishes link to their theory practice ✓ students will learn how to use a variety of equipment and carry out different cooking methods ✓ through cooking, students will learn the importance of nutrition and food hygiene by putting their learning into practice 	<p>Practical assessments:</p> <ul style="list-style-type: none"> ☐ Flapjacks
Half-term 2	<ul style="list-style-type: none"> • The Eatwell guide • The storage of food • How to adapt a recipe to make it healthier • How to analyse their own diet and make better choices • Understanding why our '5 a day' is so important 	<ul style="list-style-type: none"> ✓ Students will understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health ✓ Be able to follow a recipe ✓ Demonstrate practical cooking skills 	<ul style="list-style-type: none"> ☐

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	<ul style="list-style-type: none"> Vegetarianism and the effect of heat on vegetables 	<ul style="list-style-type: none"> ✓ Be able to design and plan a menu, whilst discussing different nutrients 	
Half-term 3	<ul style="list-style-type: none"> Digestion – what is it and how does it work? Meal planning – students plan their own pasta salad using prior knowledge from the nutrition-based lessons and skills they have gained from practical lessons 	<ul style="list-style-type: none"> ✓ students will cook each week. All dishes link to their theory practice ✓ understand the economic, environmental, ethical and socio-cultural influences on food availability, production processes, diet and health choices ✓ Application of substantive knowledge ✓ Be able to identify and label digestive system diagrams 	<ul style="list-style-type: none"> <input type="checkbox"/> Written summative assessment at end of rotation <input type="checkbox"/> Pasta salad
Half term 4	<ul style="list-style-type: none"> Health & Safety Equipment Food Hygiene Nutrition and Eating our 5-a-day How to use your senses to analyse the taste, texture, aroma and appearance of food Understanding the term ‘sensory analysis’ and knowing what it entails 	<ul style="list-style-type: none"> ✓ How to work safely when cooking – use of knives, hobs and ovens ✓ Washing up properly after practical lessons ✓ Using a variety of nutritious foods in the dishes they produce ✓ students will cook each week. All dishes link to their theory practice 	<p>Practical assessments:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Flapjacks

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	<ul style="list-style-type: none"> • Which nutrients and vitamins and provided by different fruits and vegetables and how they can benefit our health 	<ul style="list-style-type: none"> ✓ students will learn how to use a variety of equipment and carry out different cooking methods ✓ through cooking, students will learn the importance of nutrition and food hygiene by putting their learning into practice 	
Half term 5	<ul style="list-style-type: none"> • The Eatwell guide • The storage of food • How to adapt a recipe to make it healthier • How to analyse their own diet and make better choices • Understanding why our '5 a day' is so important 	<ul style="list-style-type: none"> ✓ Students will understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health ✓ Be able to follow a recipe ✓ Demonstrate practical cooking skills ✓ Be able to design and plan a menu, whilst discussing different nutrients 	<input type="checkbox"/>
Half term 6	<ul style="list-style-type: none"> • Vegetarianism and the effect of heat on vegetables • Digestion – what is it and how does it work? • Meal planning – students plan their own pasta salad using prior knowledge from the nutrition- 	<ul style="list-style-type: none"> ✓ students will cook each week. All dishes link to their theory practice ✓ understand the economic, environmental, ethical and socio-cultural influences on food availability, production processes, diet and health choices 	<input type="checkbox"/> Written summative assessment at end of rotation <input type="checkbox"/> Pasta salad

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	based lessons and skills they have gained from practical lessons	<ul style="list-style-type: none">✓ Application of substantive knowledge✓ Be able to identify and label digestive system diagrams	
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Food Technology Year 8
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	Substantive Knowledge	Disciplinary Knowledge	Assessment
Half-term 1	<p>Food Groups – students will learn about each section of the Eatwell Guide</p> <p>The school food plan</p> <p>Food safety – bacteria, spoilage and hygiene</p> <p>Why do we need breakfast?</p>	<ul style="list-style-type: none"> ✓ students will cook each week. All dishes link to their theory practice, i.e. using a variety of foods from each food group, baking breakfast goods, ensuring cross contamination doesn't occur when preparing foods. ✓ students will learn how to use a variety of equipment and carry out different cooking methods ✓ through cooking, students will learn the importance of nutrition and food hygiene by putting their learning into practice ✓ Be able to follow a recipe ✓ Demonstrate practical cooking skills ✓ Be able to design and plan a menu, whilst discussing different nutrients ✓ Be able to identify and label thermometer diagram 	<p><input type="checkbox"/> Practical assessment: Breakfast muffins</p>

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<p>Half-term 2</p>	<p>Investigating fats Tips on healthy eating Provenance of Meat & Animal Welfare HBV Protein Calcium & Vitamin D Energy Balance Diet & Health</p>	<ul style="list-style-type: none"> ✓ ensuring cross contamination doesn't occur when preparing foods. ✓ students will learn how to use a variety of equipment and carry out different cooking methods ✓ Be able to follow a recipe ✓ Demonstrate practical cooking skills ✓ students will cook each week. All dishes link to their theory practice 	<p><input type="checkbox"/> Practical assessment: Spaghetti two tomato sauce</p>
<p>Half-term 3</p>	<p>Sodium in the Diet The Importance of keeping hydrated Diet and Good Health Chinese culture and cuisine</p>	<ul style="list-style-type: none"> ✓ students will cook each week. All dishes link to their theory practice, i.e. using a variety of foods from each food group, baking breakfast goods, ensuring cross contamination doesn't occur when preparing foods. ✓ students will learn how to use a variety of equipment and carry out different cooking methods ✓ Be able to follow a recipe ✓ Demonstrate practical cooking skills ✓ Menu development using different nutrients 	<p><input type="checkbox"/> Written summative assessment at end of rotation</p>

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<p>Half term 4</p>	<p>Food Groups – students will learn about each section of the Eatwell Guide</p> <p>The school food plan</p> <p>Food safety – bacteria, spoilage and hygiene</p> <p>Why do we need breakfast?</p>	<ul style="list-style-type: none">✓ students will cook each week. All dishes link to their theory practice, i.e. using a variety of foods from each food group, baking breakfast goods, ensuring cross contamination doesn't occur when preparing foods.✓ students will learn how to use a variety of equipment and carry out different cooking methods✓ through cooking, students will learn the importance of nutrition and food hygiene by putting their learning into practice✓ Be able to follow a recipe✓ Demonstrate practical cooking skills✓ Be able to design and plan a menu, whilst discussing different nutrients✓ Be able to identify and label thermometer diagram	<p><input type="checkbox"/> Practical assessment: Breakfast muffins</p>
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<p>Half term 5</p>	<p>Investigating fats Tips on healthy eating Provenance of Meat & Animal Welfare HBV Protein Calcium & Vitamin D Energy Balance Diet & Health</p>	<ul style="list-style-type: none"> ✓ ensuring cross contamination doesn't occur when preparing foods. ✓ students will learn how to use a variety of equipment and carry out different cooking methods ✓ Be able to follow a recipe ✓ Demonstrate practical cooking skills ✓ students will cook each week. All dishes link to their theory practice 	<p><input type="checkbox"/> Practical assessment: Spaghetti Two tomato sauce</p>
<p>Half term 6</p>	<p>Sodium in the Diet The Importance of keeping hydrated Diet and Good Health Chinese culture and cuisine</p>	<ul style="list-style-type: none"> ✓ students will cook each week. All dishes link to their theory practice, i.e. using a variety of foods from each food group, baking breakfast goods, ensuring cross contamination doesn't occur when preparing foods. ✓ students will learn how to use a variety of equipment and carry out different cooking methods ✓ Be able to follow a recipe ✓ Demonstrate practical cooking skills ✓ Menu development using different nutrients 	<p><input type="checkbox"/> Written summative assessment at end of rotation</p>

Food Technology Year 9
 SUBJECT OVERVIEW MAP 2020-2021

	Substantive Knowledge	Disciplinary Knowledge	Assessment
Half-term 1	<ul style="list-style-type: none"> • Food groups and the role they play within the diet • Carbohydrates • Proteins • Vitamins • Minerals • Fats and oils • Vitamin A and Iron 	<ul style="list-style-type: none"> ✓ Using a variety of nutritious foods in the dishes they produce ✓ understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health ✓ students will cook each week. All dishes link to their theory practice ✓ demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food 	<ul style="list-style-type: none"> <input type="checkbox"/> Assessment 1: Nutrition-Menu planning (/20) <input type="checkbox"/> Practical assessment- Scones (/10) <input type="checkbox"/> Homework
Half-term 2	<ul style="list-style-type: none"> • Food Investigation – the function of cake ingredients 	<ul style="list-style-type: none"> ✓ For the Food investigation task students will carry out an investigation in groups where they cook cake samples and alter the ingredients. They can see first-hand why the function of each ingredient plays an important role and see what happens when the recipe is altered 	<ul style="list-style-type: none"> <input type="checkbox"/> Assessment 2: Functions of ingredients -Cakes (/20) <input type="checkbox"/> Practical assessment- Cheesecake (/10) <input type="checkbox"/> Homework

Food Technology Year 9
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		<ul style="list-style-type: none"> ✓ students will cook each week. All dishes link to their theory practice 	
Half-term 3	<ul style="list-style-type: none"> • Plan your own cultural dish • The science behind bread making 	<ul style="list-style-type: none"> ✓ understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international) to inspire new ideas or modify existing recipes Students will make cultural dishes in practical lessons ✓ Make own time plan, equipment list, ingredients list ✓ Costing for recipe ✓ students will cook each week. All dishes link to their theory practice ✓ Dough making practical's: pizza base and naan breads 	<ul style="list-style-type: none"> <input type="checkbox"/> Assessment 3: Science behind Bread making (/20) <input type="checkbox"/> Final Practical assessment- own cultural dish (/20) <input type="checkbox"/> Homework <input type="checkbox"/> Combined final assessment score: /100

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<p>Half term 4</p>	<ul style="list-style-type: none"> • Food groups and the role they play within the diet • Carbohydrates • Proteins • Vitamins • Minerals • Fats and oils • Vitamin A and Iron 	<ul style="list-style-type: none"> ✓ Using a variety of nutritious foods in the dishes they produce ✓ understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health ✓ students will cook each week. All dishes link to their theory practice ✓ demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food 	<ul style="list-style-type: none"> <input type="checkbox"/> Assessment 1: Nutrition-Menu planning (/20) <input type="checkbox"/> Practical assessment- Scones (/10) <input type="checkbox"/> Homework
<p>Half term 5</p>	<ul style="list-style-type: none"> • NEA 1 Food Investigation – the function of cake ingredients 	<ul style="list-style-type: none"> ✓ For the NEA task students will carry out an investigation in groups where they cook cake samples and alter the ingredients. They can see first-hand why the function of each ingredient plays an important role and see what happens when the recipe is altered ✓ students will cook each week. All dishes link to their theory practice 	<ul style="list-style-type: none"> <input type="checkbox"/> Assessment 2: Functions of ingredients -Cakes (/20) <input type="checkbox"/> Practical assessment- Cheesecake (/10) <input type="checkbox"/> Homework

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<p>Half term 6</p>	<ul style="list-style-type: none"> • Plan your own cultural dish • The science behind bread making 	<ul style="list-style-type: none"> ✓ understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international) to inspire new ideas or modify existing recipes Students will make cultural dishes in practical lessons ✓ Make own time plan, equipment list, ingredients list ✓ Costing for recipe ✓ students will cook each week. All dishes link to their theory practice ✓ Dough making practical's: pizza base and naan breads 	<ul style="list-style-type: none"> <input type="checkbox"/> Assessment 3: Science behind Bread making (/20) <input type="checkbox"/> Final Practical assessment- own cultural dish (/20) <input type="checkbox"/> Homework <input type="checkbox"/> Combined final assessment score: /100
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