

Cycle 1: Topic

Core knowledge:

- Health & Safety/ Hygienic requirements of working in a food technology room.
- Knife skills to able to prepare ingredients e.g. fruit and veg.
- Be able to apply dry/ oil heat using a hob.
- Use of an oven to bake.
- Weigh , measure, use a raising agent.
- Make a dough for cookies, biscuits, cakes.
- Explore others cultures and religions through food.

Assessment:

- To be able to take a recipe and change/ adapt it to their own tastes and preferences.

Curriculum sequence: This introductory unit will give them pupils the foundations of the 20 key skills needed to be component in providing themselves with nutritious and affordable meals.

Links to National Curriculum: become competent in a range of cooking skills.

Cycle 2: Topic

Core knowledge:

- Prepare, combine and shape meat, fish and alternatives.
- Select and adjust a cooking process.
- Use of different equipment.
- Making sauces.
- Judge and manipulate sensory properties.

Assessment:

- To be able to take a recipe and change/ adapt it to their own tastes and preferences.

Curriculum sequence: This development unit will enable the pupils to embed the 20 key skills needed to be component in providing themselves with nutritious and affordable meals.

Links to National Curriculum: cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet.

All core knowledge specified in this overview is contained within the Food Technology National Curriculum, subject to some sequencing changes.

This can be found here:

<https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study#key-stage-3>