## Food Technology

Curriculum Map: Year 7

- Prepare to cook
- Prepare a simple sandwich; simple knife skills, spreading, grating, explore different fillings
- Washing up
- Team collaboration



Introduction to the cooker

Safety in the Kitchen



Hygiene in the Kitchen

Eat 5 a Day



INTRODUCTION **TO FOOD TECHNOLOGY** 

- Introduction to Food Technology
- Identify safety rules
- Exploring the Food Technology Room, equipment and their uses
- Preparing to cook
- Personal hygiene
- Hygiene and safety in the kitchen and basic first aid
- Identification of hazards in the kitchen



- Understand the importance of eating 5 a day
- Prepare fruit kebabs and a smoothie

**SUMMATIVE** 

**ASSESSMENT** 

- Practice chopping and peeling skills
- Safe use of electrical equipment, use of hand blenders
- Use of the hob to prepare simple soups
- Mashing, peeling and chopping and use of the

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**Evaluate outcomes** 





**Cake Making** 

Sauces



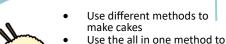
**Bread** Making



Weigh and

Measure with **Accuracy** 

Cooking with Rice



- make small cakes
- Use the creaming method to make a fruit pudding

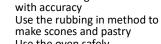


**BASIC** 

**NUTRITION** 

Making an all in one sauce - Macaroni Cheese

- Use of meat and meat alternatives to make a Bolognese sauce
- Awareness of special dietary needs and cultural influences
- Understand the role of yeast as a raising agent
- Understand the ideal conditions for bread making
- Knead, shape and bake bread rolls



- Use the oven safely
- Know how to adapt recipes and evaluate outcome

Be able to weigh and measure





Cooking with rice Fast and slow release

carbohydrates

Practice chopping and frying and use of the hob



Homemade versus shop bought pastry

Design and make own puff pastry tart

Self and peer evaluation

WWW/EBI



Year 7 written and practical assessments



**DESIGN &** MAKE **TASKS** 

Quick and easy pizza base

Design and make own pizza

Self and peer evaluation

**Use of Convenience Foods** 

