

Food Technology

Curriculum Map: Years 10 & 11

- Introduction to food safety and hygiene rules
- Understand how to prepare self and environment for cooking
- Prevention of cross contamination
- Safe food storage

Understand and follow recipes for cooking

- Be able to follow a recipe
- Understand weights and measures
- Use of scales, measuring jugs and measuring spoons
- Safe use of oven, hob and grill
- Write up a recipe record sheet with photographic evidence

LEARNING AIMS

BTEC Level 1/2 Home Cooking Skills

- Be able to develop knowledge, understanding and confidence to cook meals at home
- Have an understanding of how to economise when planning a meal
- Have an ability to transfer skills learned to different recipes
- Have an ability to inspire others by transferring that knowledge

Food Safety and Hygiene



Food Preparation Skills

- Learn how to prepare foods safely
- Knife safety – chopping skills, slicing and dicing
- Peeling, grating, mashing
- Creaming, beating, folding, whisking and use of labour saving equipment to prepare recipes

Eating a Balanced Diet

- Understand where foods come from - farm to fork
- Cook a variety of dishes to include eggs, meat, meat alternatives, pulses, fish, cheese, fruit and vegetables and starchy carbohydrates e.g. pasta, rice and oats

Food Commodities

- Understand basic nutrition – macro and micro nutrients
- Understand the importance of eating a healthy well balanced diet
- Be able to adapt dishes to make them healthier or to suit different dietary needs
- Learn about the 'Eatwell Plate' and 'Eat 5 a day'

Cooking Skills

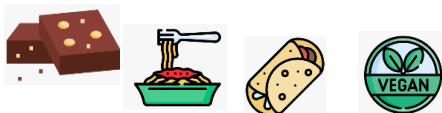
- Use a variety of different cooking methods to produce a dish
- Use of the hob to fry, boil, simmer, steam and poach
- Use of the grill to cook and brown dishes
- Use of the oven to bake, roast and stew
- Use of the BBQ and BBQ safety

- Breakfast dishes e.g. poached and scrambled eggs, omelettes, flapjacks, smoothies
- Lunches e.g. soups, wraps, salads, falafels and homemade breads
- Dinner e.g. bolognese, pasta bakes, curries, fish cakes, risotto, fajitas, pizza and calzone
- Desserts e.g. fruit kebabs, crumble, cheesecake, profiteroles
- Biscuits and cakes e.g. Swiss roll, brownies, cookies, shortbread and marble cake
- Vegetarian – e.g. vegetable lasagne, falafels, vegetable curry

Final Assessment L1/2

- Work to a brief to plan and cook a well presented dish or a 2 course meal
- Follow a recipe, select and prepare ingredients
- Demonstrate cooking skills required in a safe and hygienic manner
- Use of photographic evidence and observation records to assess

Cook a Wide Range of Sweet and Savoury Dishes



Discuss and record:

- The value of learning home cooking skills
- Know how to economise when making home cooked foods
- Different ways to pass on information about home cooking skills



NEXT STEPS

Find out if your 6th form or chosen college offer a Hospitality or Food and Nutrition course

