FOOD TECHNOLOGY
Curriculum Map: Provision KS3

AUTUMN TERM

HEALTH AND SAFETY IN FT

Students will be taught safety and hygiene practices in the kitchen. They will learn to transition smoothly between workspaces and establish healthy preparation routines whilst cooking simple recipes. They will learn the names of key equipment and appliances.

DEVELOPING BASIC SKILLS

Students will develop safe use of essential kitchen equipment including knives, graters and chopping boards.

Pupils will have opportunity to try a range of kitchen aids to help them better access tasks.

SPRING TERM

USING KITCHEN APPLIANCES

Students will begin to use a range of electrical appliances including the:

- Kettle
- Hob
- Oven
- Grill
- Blender
- Microwave

They will be taught to understand hazards when using powered equipment and begin using heat to cook with assistance.

MEASURING INGREDIENTS AND FOLLOWING RECIPES

They will be taught different methods of measuring ingredients including:

- Teaspoons and Tablespoons
- Counting the correct amount
- Using a scale - grams
- Using a measuring jug - millilitres

Students will be encouraged to gain more independence with cooking by following visual recipes and looking for next steps.

SUMMER TERM

INTRODUCTION TO HIGH RISK INGREDIENTS

Students will be introduced to cooking with high-risk ingredients including:

- Eggs
- Cured/ pre-cooked meat
- Raw meat

Students will be taught about the hygiene and storage rules that keep us safe when using these ingredients.

FARM TO FORK

Students will cover topics such as:

- Where food comes from
- Healthy eating
- Seasonal food

They will have opportunity to cook using ingredients they have grown themselves and work towards their “5 a day”.