

| | Term 1: Sept –Dec Content | Term 2: Jan-April Content | Term 3: April - July Content | Desired end of year outcomes |
|---------------|--|--|-------------------------------------|--|
| Year 7 | <p>Introduction to the course</p> <p>Rules of the Food Technology Room</p> <p>Equipment and storage</p> <p>Hygiene and Safety</p> <p>Washing up</p> <p>Following a recipe</p> <p>Weighing and measuring</p> <p>Basic practical skills and methods of cooking including:</p> <p>The rubbing in method</p> <p>The creaming method</p> <p>Rolling, shaping, decorating</p> <p>Frying, boiling, mashing, baking</p> <p>Chopping, slicing and dicing</p> <p>Blending - Safe use of electrical equipment</p> <p>Nutrients required for a healthy balanced diet</p> <p>Eat 5 a Day</p> <p>Range of practical tasks and theory tasks</p> <p>Self/Peer evaluation</p> | <p>Healthy Eating and healthy life choices</p> <p>Government guidelines and the Eatwell Guide</p> <p>Development of practical skills</p> <p>The all in one method</p> <p>Bread making, kneading and shaping</p> <p>Basic sauces – white, meat and meat alternatives to incorporate individual dietary needs</p> <p>Use of pastry – homemade and shop bought</p> <p>Short design and make task</p> <p>Self/Peer evaluation</p> <p>Please note this course is a half year course and groups will swap to Design Technology for the second half year. Some groups will start the year with Design Technology and transfer to Food Technology at half term.</p> | See note term 2 | <p>Students are able to identify and name key pieces of small kitchen equipment.</p> <p>Students are able to safely use small pieces of kitchen equipment.</p> <p>Students are able to safely use the hob, grill and oven.</p> <p>Students follow good hygiene practices.</p> <p>Students are able to work as a team.</p> <p>Students can demonstrate good practical skills to produce a range of dishes such as chopping, slicing, rubbing in, creaming, all in one, frying, boiling, baking, rolling, shaping and decorating.</p> <p>Students have an awareness of nutrition, the Eat well Guide and the 5 main food groups.</p> <p>Students understand the importance of eating '5 a Day'</p> <p>Students can talk about what they are doing and evaluate their own work and the work of their peers.</p> |

| | | | | Key Contact Name & Email |
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| Assessment | <p>Use of hob, oven and grill will be assessed with emphasis on safety.</p> <p>Regular checks of folder work and verbal feedback given.</p> <p>Photographic evidence of practical work to assess progress</p> <p>Self and peer assessment</p> | <p>Regular checks of folder work and verbal feedback given.</p> <p>Photographic evidence of practical work to assess progress</p> <p>Self and peer assessment</p> <p>End of year assessment to assess knowledge of practical and theory work covered throughout the course.</p> | | <p>Mrs C Martin</p> <p>cmartin@glebe.bromley.sch.uk</p> |