

### Food Tech Curriculum Progression Map KS3

	Term 1 – 7 weeks	Term 2 – 7 weeks	Term 3 – 6 weeks	Term 4 – 6 weeks	Term 5 – 5 weeks	Term 6 – 5 weeks (7)
Year 7	<p>Following the Licence to Cook programme of study Year 7</p> <p>The ability to complete AQA Unit Award Scheme – Unit 105557 – Food Hygiene Awareness</p> <p><b>Context – Group A</b> Use the basic principles of A healthy diet to prepare dishes using fruit</p> <p>Knowledge &amp; Skills: <b>Health, safety and Food hygiene knowledge awareness</b></p> <ul style="list-style-type: none"> <li>Develop practices in the kitchen</li> <li>To understand where food comes from</li> <li>To develop a familiarity and confidence in cooking</li> <li>To develop an understanding of the meaning of the 4 C s in food hygiene ie cleanliness, cooking, chilling and cross contamination.</li> </ul> <p><b>key Knowledge</b></p> <ul style="list-style-type: none"> <li>Name and identify different small equipment used in cookery</li> <li>Learn how to follow safe practices when using knives</li> <li>Identify and use key vocabulary to demonstrate skills in preparing, a variety of different foods, the ability in being able to recognise a range of foods,</li> <li>To identify uses of a range of ingredients</li> <li>to be predominately used in a variety of savoury dishes</li> <li>Demonstrate the ability to use kitchen equipment and utensils safely in a cooking environment</li> <li>Prepare according to safe working procedures, vegetables, salads and fruit ready for eating</li> <li>Identify and make at least three types of drinks, according to safe working procedures.</li> </ul> <p><b>Cultural Capital Skills</b></p> <ul style="list-style-type: none"> <li>Identify links between foods and festivals and be able to create dishes in support of these in the Autumn.</li> <li>Understand foods, where they come from and how they are grown</li> </ul>	<p>Following the Licence to Cook programme of study Year 7</p> <p>The ability to complete AQA Unit Award scheme- Unit 105661 – Introduction to Cooking</p> <p><b>Context – Group B</b> Use the basic principles of A varied diet to prepare a variety of predominately savoury dishes using vegetables</p> <p>Knowledge &amp; Skills: <b>Health and safety Knowledge</b></p> <ul style="list-style-type: none"> <li>To understand where different foods come from</li> <li>To develop a familiarity and confidence in cooking a range of dishes</li> <li>Weigh out at least one appropriate ingredient for the dish correctly</li> <li>Understand and follow at least two personal and general hygiene rules in the kitchen</li> </ul> <p><b>key Knowledge</b></p> <ul style="list-style-type: none"> <li>Identify and be able to recognise a range of large equipment used in food producers</li> <li>Learn how to prepare fresh and convenience foods used in a variety of dishes</li> <li>Identify links and produce dishes and create dishes in support of these.</li> <li>Gain confidence in presenting and completing dishes for others</li> <li>Demonstrate and experience a wide range of skills and knowledge to practice</li> </ul> <p><b>Cultural Capital Skills</b></p> <ul style="list-style-type: none"> <li>Understand and be able to use a range of foods, develop an awareness of cost and consumer demands and ethical considerations</li> <li>Identify processed foods and their uses in dishes</li> </ul> <p><b>Assessment Understanding:</b></p> <ul style="list-style-type: none"> <li>Safe use of the hob with guidance</li> <li>Understand and be able to use of the cooker with guidance setting correct temperatures</li> <li>Identify and use correct preparation items for a dish</li> <li>Demonstrate safe practice in all activities</li> </ul>	<p>Following the Licence to Cook programme of study Year 7</p> <p>The ability to complete AQA Unit Award scheme – Unit 105557 – Food Hygiene Awareness</p> <p><b>Context – Group A</b> Use the basic principles of A healthy diet to prepare dishes using fruit</p> <p>Knowledge &amp; Skills: <b>Health, safety and Food Hygiene Knowledge awareness</b></p> <ul style="list-style-type: none"> <li>Develop practices in the kitchen</li> <li>To understand where food needs to be stored</li> <li>To develop a familiarity and confidence in cooking</li> <li>To develop and understanding of the meaning of the 4 C s in food hygiene ie cleanliness, cooking, chilling and cross contamination</li> </ul> <p><b>key Knowledge</b></p> <ul style="list-style-type: none"> <li>Name and identify different small equipment used in cookery</li> <li>Learn how to follow safe practices when using knives</li> <li>Identify and use key vocabulary to demonstrate skills in preparing, a variety of different foods, the ability in being able to recognise a range of foods, identify uses of a range of ingredients</li> <li>to be predominately used in a variety of savoury dishes</li> <li>Demonstrate the ability to use kitchen equipment and utensils safely in the cooking environment</li> <li>Prepare according to safe working procedure, vegetables, salad and fruits ready for eating</li> <li>Identify and make at least three types of drinks, according to safe working procedures</li> </ul> <p><b>Cultural Capital Skills</b></p> <ul style="list-style-type: none"> <li>Identify links between foods and festivals and be able to create dishes in support of these.</li> <li>Understand foods, where they come from and how they are grown</li> </ul> <p><b>Assessment Understanding:</b></p>	<p>Following the Licence to Cook programme of study Year 7</p> <p>The ability to complete AQA Unit Award scheme – Unit 105662 – Introduction to Cooking</p> <p><b>Context – Group B</b> Use the basic principles of A varied diet to prepare a variety of predominately savoury dishes using vegetables</p> <p>Knowledge &amp; Skills: <b>Health and safety Knowledge</b></p> <ul style="list-style-type: none"> <li>To understand where different foods need to be stored</li> <li>To develop a familiarity and confidence in cooking</li> <li>To weigh out at least one appropriate ingredient for the dish correctly</li> <li>Understand and follow at least two personal and general hygiene rules in the kitchen</li> </ul> <p><b>key Knowledge</b></p> <ul style="list-style-type: none"> <li>Identify and be able to recognise a range of large equipment used in food producers</li> <li>Learn how to prepare fresh and convenience foods used in a variety of dishes</li> <li>Identify links and produce dishes and create dishes in support of these.</li> <li>Gain confidence in presenting and completing dishes for others</li> <li>Demonstrate and experience a wide range of skills and knowledge to practice</li> </ul> <p><b>Cultural Capital Skills</b></p> <ul style="list-style-type: none"> <li>Understand and be able to use a range of foods, develop an awareness of cost and consumer demands and ethical considerations</li> <li>Identify processed foods and their uses in dishes</li> <li>Name a range of nutrients</li> </ul> <p><b>Assessment Understanding:</b></p> <ul style="list-style-type: none"> <li>Name each part of the hob and safe practices</li> <li>Understand and be able to list each part of the cooker and their job</li> <li>Identify and use correct preparation items for a dish</li> </ul>	<p>Following the Licence to Cook programme of study Year 7</p> <p>The ability to complete AQA Unit Award scheme – Complete any outstanding work for units 105557 or 105662</p> <p><b>Context – Group A</b> Use the basic principles of A healthy and varied diet to prepare and identify a range of seasonal savoury and sweet dishes using fruit and vegetables</p> <p>Knowledge &amp; Skills: <b>Health and safety Knowledge</b></p> <ul style="list-style-type: none"> <li>To understand how to use a range of seasonal foods to create dishes</li> <li>To develop an understanding of nutrition and its links to a healthy lifestyle</li> <li>To develop and understanding of the meaning of the 4 C s in food hygiene ie cleanliness, cooking, chilling and cross contamination</li> </ul> <p><b>key Knowledge</b></p> <ul style="list-style-type: none"> <li>Identify and be able to use a variety of utensils and equipment safely</li> <li>Identify and use convenience and reared foods in dishes</li> <li>Identify links, produce and create dishes through presentation.</li> <li>Identify and develop nutrition awareness</li> <li><b>KS4 Prep</b> – Caramelisation – using onions to change, colour and taste</li> <li>Identify, name and make safely at least three different types of drink.</li> <li>Identify and Show knowledge including the key meaning of cross contamination</li> </ul> <p><b>Cultural Capital Skills</b></p> <ul style="list-style-type: none"> <li>Understand and be able to use a range of foods, develop an awareness of cost and consumer demands and ethical considerations</li> <li>Identify processed foods and their uses in dishes</li> <li>Name a range of nutrients</li> <li>Show knowledge of what is food poisoning and its effect on individuals</li> </ul>	<p>Following the Licence to Cook programme of study Year 7</p> <p>The ability to complete AQA Unit Award scheme - Complete any outstanding work for units 105557 or 105662</p> <p><b>Context – Group B</b> Use the basic principles of A healthy and varied diet to prepare and identify a range of seasonal savoury and sweet dishes using fruit and vegetables</p> <p>Knowledge &amp; Skills: <b>Health and safety Knowledge</b></p> <ul style="list-style-type: none"> <li>To understand how to use a range of seasonal foods to create dishes</li> <li>To develop an understanding of nutrition and its links to a healthy lifestyle</li> <li>To develop and understanding of the meaning of the 4 C s in food hygiene ie cleanliness, cooking, chilling and cross contamination</li> </ul> <p><b>key Knowledge</b></p> <ul style="list-style-type: none"> <li>Identify and be able to use a variety of utensils and equipment safely</li> <li>Identify and use convenience and reared foods in dishes</li> <li>Identify links, produce and create dishes through presentation.</li> <li>Identify and develop nutrition awareness</li> <li><b>Ks4 Prep</b> – Caramelisation – using onions to change colour and taste</li> <li>Identify and show knowledge including the key meaning of cross contamination</li> </ul> <p><b>Cultural Capital Skills</b></p> <ul style="list-style-type: none"> <li>Understand and be able to use a range of foods, develop an awareness of cost and consumer demands and ethical considerations</li> <li>Identify processed foods and their uses in dishes</li> <li>Name a range of nutrients</li> <li>Show knowledge of what food poisoning is and its effect on society</li> </ul>

	<p><b>Assessment Understanding:</b></p> <ul style="list-style-type: none"> <li>• Demonstrate the safe use of the hob with support</li> <li>• Understand and identify parts of the cooker with support</li> <li>• Identify a variety of items and use correct items for a dish</li> <li>• Present and communicate safe practices for all activities</li> <li>• Acquire an understanding of why personal hygiene is important in the kitchen</li> <li>• Acquire an understanding of why it is important to work safely in the kitchen.</li> </ul>	<ul style="list-style-type: none"> <li>• Identify and demonstrate safe practices using the grill</li> <li>• Present and communicate through actions safe Health and safety</li> <li>• Demonstrate the ability to follow a written recipe to cook one dish</li> <li>• Demonstrate the ability to select at least two appropriate utensils for the dish</li> <li>• Demonstrate and understand the importance of weighing and selecting appropriate ingredients for a dish</li> <li>• Experience following at least three health and safety procedures whilst cooking</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate the safe use of the hob with support</li> <li>• Understand and identify parts of the cooker with support</li> <li>• Identify a variety of items and use correct items for a dish</li> <li>• Present and communicate safe practices for all activities</li> <li>• Acquire an understanding of why personal hygiene is important to work safely in the kitchen</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate safe practice in all activities</li> <li>• Link foods and ways of cooking them using wet and dry methods</li> <li>• Present and communicate through actions safe Health and safety</li> </ul>	<p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>• Name each part of the hob and safe practices</li> <li>• Understand and be able to list each part of the cooker and their job</li> <li>• Identify and use correct preparation items for a dish</li> <li>• Demonstrate safe practice in all activities</li> <li>• Link foods and ways of cooking them using wet and dry methods</li> <li>• Present and communicate through actions safe Health and safety</li> </ul>	<p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>• Name each part of the hob and safe practices</li> <li>• Understand and be able to list each part of the cooker and their job</li> <li>• Identify and use correct preparation items for a dish</li> <li>• Demonstrate safe practice in all activities</li> <li>• Link foods and ways of cooking them using wet and dry methods</li> <li>• Present and communicate through actions safe Health and safety</li> </ul> <p>NB A number of external and team activities result in this term only having 5 weeks of teaching and 2 weeks of additional whole school activities</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Year 8</p>	<p><b>Following the Licence to Cook programme of study Year 8</b>  <b>The ability to complete AQA Unit Award Scheme –</b>  <b>Unit 105557 – Food Hygiene Awareness</b></p> <p><b>Context – Group A</b>  <b>Use carbohydrates to create dishes</b></p> <p>Knowledge &amp; Skills:  <b>Health and safety knowledge including Food Hygiene</b></p> <ul style="list-style-type: none"> <li>• Identify and use correct boards safely</li> <li>• Demonstrate and use the bridge hold and claw grip</li> <li>• To develop an understanding of the meaning of the 4 C s in food hygiene ie cleanliness, cooking, chilling and cross contamination</li> <li>• <b>Key knowledge</b></li> <li>• Experience baking and the use of an oven understand where food comes from – Pizza Project</li> <li>• To develop a familiarity and confidence in combining ingredients</li> <li>• Learn safe practices with the use of knives</li> <li>• Demonstrate the ability to use kitchen equipment and utensils safely in the cooking environment</li> <li>• Prepare according to safe working procedures vegetables, salads and fruit ready for eating</li> <li>• Identify and make at least three different types of drinks according to safe working procedures</li> </ul> <p><b>Cultural Capital Skills</b></p>	<p><b>Following the Licence to Cook programme of study Year 8</b>  <b>The ability to complete AQA Unit Award Scheme –</b>  <b>Unit 105557 – Food Hygiene Awareness</b></p> <p><b>Context – Group B</b>  <b>Use carbohydrates to create dishes</b></p> <p>Knowledge &amp; Skills:  <b>Health and safety knowledge including Food Hygiene</b></p> <ul style="list-style-type: none"> <li>• Identify and use correct boards safely</li> <li>• Demonstrate and use the bridge hold and claw grip</li> <li>• To develop an understanding of the meaning of the 4 C s in food hygiene ie cleanliness, cooking, chilling and cross contamination</li> </ul> <p><b>Key knowledge</b></p> <ul style="list-style-type: none"> <li>• Experience baking and the use of an oven Understand where food comes from – Pizza Project</li> <li>• To develop a familiarity and confidence in combining ingredients</li> <li>• Learn safe practices with the use of knives</li> </ul> <p><b>Cultural Capital Skills</b></p> <ul style="list-style-type: none"> <li>• Identify and be able to recognise a range of foods to be predominately used in a variety of savoury dishes</li> <li>• Identify links between foods and festivals</li> <li>• Identify an awareness of the importance of safe practices with food</li> </ul>	<p><b>Following the Licence to Cook programme of study Year 8</b>  <b>The ability to complete AQA Unit Award Scheme –</b>  <b>Unit 105661 – Introduction to Cooking</b></p> <p><b>Context – Group A</b>  <b>Use carbohydrates to create dishes</b></p> <p>Knowledge &amp; Skills:  <b>Health and safety knowledge including Food Hygiene</b></p> <ul style="list-style-type: none"> <li>• Demonstrate safe practices in the kitchen</li> <li>• Weigh out at least one appropriate ingredient for the dish correctly</li> <li>• To understand and follow at least two personal and general hygiene rules in the kitchen</li> </ul> <p><b>Key knowledge</b></p> <ul style="list-style-type: none"> <li>• To use a peeler and uniform chopping and slicing</li> <li>• To identify combining, mixing, making dough rolling and shaping, enrobing and cake making methods</li> <li>• To experience frying, baking and use of the hob.</li> <li>• Learn safe practices with the use of knives.</li> <li>• To experience working collaboratively with others while cooking on at least one occasion</li> <li>• To follow a written recipe to cook one dish</li> </ul>	<p><b>Following the Licence to Cook programme of study Year 8</b>  <b>The ability to complete AQA Unit Award Scheme –</b>  <b>Unit 105661 – Introduction to Cooking</b></p> <p><b>Context – Group B</b>  <b>Use carbohydrates to create dishes</b></p> <p>Knowledge &amp; Skills:  <b>Health and safety knowledge including Food Hygiene</b></p> <ul style="list-style-type: none"> <li>• Demonstrate safe practices in the kitchen</li> <li>• Weigh out at least one appropriate ingredient for the dish correctly</li> <li>• To understand and follow at least two personal and general hygiene rules in the kitchen</li> </ul> <p><b>Key knowledge</b></p> <ul style="list-style-type: none"> <li>• To use a peeler and uniform chopping and slicing</li> <li>• To identify combining, mixing, making dough, rolling and shaping, enrobing and cake making methods</li> <li>• To experience frying, baking and use of the hob.</li> <li>• Learn safe practices with the use of knives.</li> <li>• To experience working collaboratively with others while cooking on at least one occasion</li> <li>• To follow a written recipe to cook one dish</li> </ul>	<p><b>Following the Licence to Cook programme of study Year 8</b>  <b>The ability to complete AQA Unit Award Scheme –</b>  <b>Unit 105557 – Food Hygiene Awareness</b>  <b>Unit 105661 – Introduction to Cooking</b></p> <p><b>Context – Group A</b>  <b>Use carbohydrates to create dishes</b></p> <p>Knowledge &amp; Skills:  <b>Health, safety and Food Hygiene awareness and knowledge</b></p> <ul style="list-style-type: none"> <li>• Develop an understanding of health and safety practices in the kitchen</li> <li>• To develop an understanding of the meaning of the 4 C s in food hygiene ie cleanliness, cooking, chilling and cross contamination</li> <li>• To understand and follow at least two personal and general hygiene rules in the kitchen</li> </ul> <p><b>Key knowledge</b></p> <ul style="list-style-type: none"> <li>• To create seasonal dishes incorporating all ingredients and skills - cake making methods, folding and combining, rolling and shaping</li> <li>• To experience working collaboratively with others while cooking on at least one occasion</li> <li>• To follow a written recipe to cook one dish</li> <li>• <b>KS4 Prep-</b> Dextrinization – identify the functional properties of food and the chemical changes</li> </ul>	<p><b>Following the Licence to Cook programme of study Year 8</b>  <b>The ability to complete AQA Unit Award Scheme –</b>  <b>Unit 105557 – Food Hygiene Awareness</b>  <b>Unit 105661 – Introduction to Cooking</b></p> <p><b>Context – Group B</b>  <b>Use carbohydrates to create dishes</b></p> <p>Knowledge &amp; Skills:  <b>Health, safety and Food Hygiene awareness knowledge</b></p> <ul style="list-style-type: none"> <li>• Develop an understanding of health and safety practices in the kitchen</li> <li>• To develop an understanding of the meaning of the 4 C s in food hygiene ie cleanliness, cooking, chilling and cross contamination</li> <li>• To understand and follow at least two personal and general hygiene rules in the kitchen</li> </ul> <p><b>Key knowledge</b></p> <ul style="list-style-type: none"> <li>• Recognise and identify seasonal fruits and vegetables and use them</li> <li>• To understand the importance of using local foods and vegetables – food miles</li> <li>• To create seasonal dishes incorporating all ingredients and skills cake making methods, folding and combining, rolling and shaping</li> <li>• To experience working collaboratively with others while cooking on at least one occasion</li> <li>• To follow a written recipe to cook one dish</li> </ul>

	<ul style="list-style-type: none"> <li>Identify and be able to recognise a range of foods to be predominately used in a variety of savoury dishes</li> <li>Identify links between foods and festivals</li> <li>Identify an awareness of the importance of safe practices with food</li> </ul> <p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>Safe use of the hob independently</li> <li>Safe use of the cooker independently</li> <li>Accurate weighing and measuring independently and with support</li> <li>Follow a recipe with support</li> <li>Have an awareness of different foods and how they can be prepared</li> <li>Demonstration of safe practices in all activities</li> <li>Identify and use water- based methods that use the hob</li> <li>Health and safety working practices</li> <li>Acquire an understanding of why personal hygiene is important in the kitchen</li> <li>Acquire and understanding of why it is important to work safely in the kitchen.</li> </ul>	<p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>Safe use of the hob independently</li> <li>Safe use of the cooker independently</li> <li>Accurate weighing and measuring independently and with support</li> <li>Follow a recipe with support</li> <li>Have an awareness of different foods and how they can be prepared</li> <li>Demonstration of safe practices in all activities</li> <li>Identify and prepare a range of fruit and vegetables using a variety of techniques</li> <li>Identify and use water based methods that use the hob</li> <li>Health and safety working practices</li> <li>Acquire an understanding of why personal hygiene is important in the kitchen</li> <li>Acquire and understanding of why it is important to work safely in the kitchen.</li> </ul>	<p><b>Cultural Capital Skills</b></p> <ul style="list-style-type: none"> <li>Identify and be able to recognise a range of foods to be used in a variety of savoury dishes</li> <li>Identify links between foods, healthy eating and spring events</li> </ul> <p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>Uniform chopping and slicing to create dishes</li> <li>To identify and demonstrate safe use of the hob and cooker with limited support.</li> <li>Identifying accurate weighing and measuring vessels independently and with support</li> <li>Follow a recipe with support</li> <li>Have an awareness of different foods and how they can be prepared, cooked and presented</li> <li>Demonstration of safe practices in all activities</li> <li>Health and safety working practices</li> <li>Acquire an understanding of why personal hygiene is important in the kitchen</li> <li>Acquire and understanding of why it is important to work safely in the kitchen.</li> <li>Demonstrate the ability to follow a written recipe to cook one dish</li> <li>Demonstrate the ability to select at least two appropriate utensils for the dish</li> <li>Demonstrate and understand the importance of weighing and selecting appropriate ingredients for a dish</li> <li>Experience following at least three health and safety procedures whilst cooking</li> </ul>	<p><b>Cultural Capital Skills</b></p> <ul style="list-style-type: none"> <li>Identify and be able to recognise a range of foods to be used in a variety of savoury dishes</li> <li>Identify links between foods, healthy eating and spring events</li> </ul> <p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>Uniform chopping and slicing to create dishes</li> <li>To identify and demonstrate safe use of the hob and cooker with limited support.</li> <li>Identify weighing and measuring vessels independently and with support</li> <li>Follow a recipe with support</li> <li>Have an awareness of different foods and how they can be prepared, cooked and presented</li> <li>Demonstration of safe practices in all activities</li> <li>Health and safety working practices</li> <li>Acquire an understanding of why personal hygiene is important in the kitchen</li> <li>Acquire and understanding of why it is important to work safely in the kitchen.</li> <li>Demonstrate the ability to follow a written recipe to cook one dish</li> <li>Demonstrate the ability to select at least two appropriate utensils for the dish</li> <li>Demonstrate and understand the importance of weighing and selecting appropriate ingredients for a dish</li> <li>Experience following at least three health and safety procedures whilst cooking</li> </ul>	<p><b>Cultural Capital Skills</b></p> <ul style="list-style-type: none"> <li>Recognise and identify a range of seasonal fruits and vegetables and use them to create dishes</li> <li>To understand the importance of using local foods and vegetables – food miles</li> <li>Identify an awareness of the importance of safe practices with food</li> </ul> <p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>Safe use of the hob and cooker independently</li> <li>Accurate weighing and measuring using vessels with limited support</li> <li>Using bread wrapped in foil grill it and record findings using <b>KS4</b> Template</li> <li>Follow a recipe independently cooking using seasonal foods</li> <li>Identify and prepare a range of fruit and vegetables using a variety of techniques</li> <li>Demonstration of safe practices in all activities</li> <li>Use the oven to create a range of dishes</li> <li>Experience working collaboratively with others while cooking</li> <li>Demonstrate the ability to make at least three types of drinks according to safe working procedures</li> </ul>	<ul style="list-style-type: none"> <li><b>KS4 Prep</b> – Dextrinization – identify the functional properties of food and the chemical changes</li> </ul> <p><b>Cultural Capital Skills</b></p> <ul style="list-style-type: none"> <li>Recognise and identify a range of seasonal fruits and vegetables and use them to create dishes</li> <li>To understand the importance of using local foods and vegetables – food miles</li> <li>Identify an awareness of the importance of safe practices with food</li> </ul> <p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>Safe use of the hob and cooker independently</li> <li>Accurate weighing and measuring using vessels with limited support</li> <li>Using bread wrapped in foil grill it and record the findings using <b>KS4</b> template</li> <li>Follow a recipe independently cooking using seasonal foods</li> <li>Identify and prepare a range of fruit and vegetables using a variety of techniques Demonstration of safe practices in all activities</li> <li>Use the oven to create a range of dishes</li> <li>Experience working collaboratively with others while cooking</li> <li>Demonstrate the ability to make at least three types of drinks according to safe working procedures</li> </ul>
Year 9	<p>Following the Licence to Cook programme of study Year 9 The ability to complete AQA Unit Award Scheme – Unit 105557 – Food Hygiene Awareness</p> <p><b>Context – Group A</b> Create international dishes Knowledge &amp; Skills: <b>Health and safety knowledge</b></p> <ul style="list-style-type: none"> <li>Demonstrate and understand key health and safety practices</li> </ul>	<p>Following the Licence to Cook programme of study Year 9 The ability to complete AQA Unit Award Scheme – Unit 10557- Food Hygiene Awareness</p> <p><b>Context – Group B</b> Create international dishes Knowledge &amp; Skills: <b>Health and safety knowledge</b></p> <ul style="list-style-type: none"> <li>Demonstrate and understand key health and safety practices</li> <li>Identify and use knives in a safe way</li> </ul>	<p>Following the Licence to Cook programme of study Year 9 The ability to complete AQA Unit Award Scheme – Unit 105557 – Introduction to Cooking</p> <p><b>Context – Group A</b> Create international dishes Knowledge &amp; Skills: <b>Health and safety knowledge</b></p> <ul style="list-style-type: none"> <li>Demonstrate and follow key temperatures for food</li> <li>Develop an understanding of HACCAP kitchen systems</li> </ul>	<p>Following the Licence to Cook programme of study Year 9 The ability to complete AQA Unit Award Scheme – Unit 105557 – Food Hygiene Awareness Unit 105557 – Introduction to Cooking</p> <p><b>Context – Group B</b> Create international dishes Knowledge &amp; Skills: <b>Health and safety knowledge</b></p> <ul style="list-style-type: none"> <li>Demonstrate and follow key temperatures for food</li> </ul>	<p>Following the Licence to Cook programme of study Year 9 The ability to complete AQA Unit Award Scheme – Unit 105557 – Food Hygiene Awareness Unit 105557 – Introduction to Cooking <b>Context – Group A</b> Create international dishes Knowledge &amp; Skills: <b>Health and safety knowledge</b></p> <ul style="list-style-type: none"> <li>Develop an understanding of health and safety practices in the kitchen</li> <li>To understand where food comes from</li> </ul>	<p>Following the Licence to Cook programme of study Year 9 The ability to complete AQA Unit Award Scheme – Unit 105557 – Food Hygiene Awareness</p> <p><b>Context – Group B</b> Create international dishes Knowledge &amp; Skills: <b>Health and safety knowledge</b></p> <ul style="list-style-type: none"> <li>Develop an understanding of health and safety practices in the kitchen</li> <li>To understand where food comes from</li> </ul>

<ul style="list-style-type: none"> <li>Identify and use knives in a safe way</li> <li>To develop an understanding of the meaning of the 4 C s in food hygiene ie cleanliness, cooking, chilling and cross contamination</li> </ul> <p><b>Key knowledge</b></p> <ul style="list-style-type: none"> <li>Identify and collect key ingredients for use in cooking</li> <li>To develop a familiarity and confidence in cooking</li> <li>Judge and modify a dish using a range of herbs and spices</li> <li>Develop presentation skills using a range of edible garnishes to enhance a dish</li> <li>Identify and make at least three different types of drinks according to safe working procedures</li> </ul> <p><b>Cultural Capital Skills</b></p> <ul style="list-style-type: none"> <li>Identify links between foods and festivals in the Autumn</li> <li>Identify and develop an awareness of a range of different Italian foods and dishes</li> </ul> <p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>Identify and make range of sauces independently to support dishes</li> <li>Create a variety of dishes using kneading, rolling and shaping independently</li> <li>Accurate weighing and measuring using a variety of flavours independently and with support</li> <li>Follow a recipe with support</li> <li>Have an awareness of different international foods and how they can be prepared</li> <li>Identify and prepare a range of fruit and vegetables using a variety of techniques</li> </ul>	<ul style="list-style-type: none"> <li>To develop an understanding of the meaning of the 4 C s in food hygiene ie cleanliness, cooking, chilling and cross contamination</li> </ul> <p><b>Key knowledge</b></p> <ul style="list-style-type: none"> <li>Identify and collect key ingredients for use in cooking</li> <li>To develop a familiarity and confidence in cooking</li> <li>Judge and modify a dish using a range of herbs and spices</li> <li>Develop presentation skills using a range of edible garnishes to enhance a dish</li> <li>Identify and make at least three different types of drinks according to safe working procedures</li> </ul> <p><b>Cultural Capital Skills</b></p> <ul style="list-style-type: none"> <li>Identify links between foods and festivals in the Winter</li> <li>Identify and develop an awareness of a range of different Italian foods and dishes</li> </ul> <p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>Identify and make range of sauces independently to support dishes</li> <li>Create a variety of dishes using kneading, rolling and shaping independently</li> <li>Accurate weighing and measuring using a variety of flavours independently and with support</li> <li>Follow a recipe with support</li> <li>Have an awareness of different international foods and how they can be prepared</li> <li>Identify and prepare a range of fruit and vegetables using a variety of techniques</li> </ul>	<ul style="list-style-type: none"> <li>To develop an understanding of the meaning of the 4 C s in food hygiene ie cleanliness, cooking, chilling and cross contamination</li> </ul> <p><b>Key knowledge</b></p> <ul style="list-style-type: none"> <li>Weigh, measure and identify ingredients and utensils to create dishes</li> <li>To develop a familiarity and confidence in preparing by chopping and slicing</li> <li>Identify and know how to bake, grill and fry foods</li> </ul> <p><b>Cultural Capital Skills</b></p> <ul style="list-style-type: none"> <li>Identify links between food and festivals in the Winter</li> <li>Identify and develop an awareness of a range of Chinese foods and dishes</li> </ul> <p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>Safe use of the hob independently to create a blended sauce to accompany dishes</li> <li>Create dishes that involve chopping and slicing a range of fruit and vegetable items</li> <li>Support learners to ensure accurate weighing and measuring to produce successful dishes</li> <li>Develop skills in creating international foods</li> <li>Demonstration of safe practices in all activities equipment to assist in a finished product</li> </ul>	<ul style="list-style-type: none"> <li>Develop an understanding of HACCAP kitchen systems</li> <li>To develop an understanding of the meaning of the 4 C s in food hygiene ie cleanliness, cooking, chilling and cross contamination</li> </ul> <p><b>Key knowledge</b></p> <ul style="list-style-type: none"> <li>Weigh, measure and identify ingredients and utensils to create dishes</li> <li>To develop a familiarity and confidence in preparing by chopping and slicing</li> <li>Identify and know how to bake, grill and fry foods successfully</li> <li>Identify and make at least three different types of drinks according to safe working procedures</li> </ul> <p><b>Cultural Capital Skills</b></p> <ul style="list-style-type: none"> <li>Identify links between foods and festivals in the Spring</li> <li>Identify and develop an awareness of a range of Chinese foods and dishes</li> </ul> <p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>Safe use of the hob independently to create a blended sauce to accompany dishes</li> <li>Create dishes that involve chopping and slicing a range of fruit and vegetable items</li> <li>Support learners to ensure accurate weighing and measuring to produce successful dishes</li> <li>Develop skills in creating international foods</li> <li>Demonstration of safe practices in all activities equipment to assist in a finished product</li> </ul>	<ul style="list-style-type: none"> <li>To develop risk assessment awareness through practice</li> <li>To develop and understanding of the meaning of the 4 C s in food hygiene ie cleanliness, cooking, chilling and cross contamination</li> </ul> <p><b>Key knowledge</b></p> <ul style="list-style-type: none"> <li>Increase independent skills</li> <li>To develop a familiarity and confidence in cooking</li> <li>Recognise good hygiene practices followed during preparation and cooking foods</li> <li>Identify how to simmer and roast foods and create dishes</li> <li><b>Ks4 Prep</b> – Maillard Reaction in food and heat transfer</li> <li>Identify and make at least three different types of drinks according to safe working procedures</li> </ul> <p><b>Cultural Capital Skills</b></p> <ul style="list-style-type: none"> <li>Identify links between foods and festivals in the Summer</li> <li>Identify and develop an awareness of a range of different European food and dishes</li> </ul> <p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>Safe use of the hob independently to create a blended and pasta sauce</li> <li>Safe use of the cooker independently</li> <li>Create a selection of dishes using simmering and roasting in Spanish style</li> <li>Demonstrate accurate weighing and measuring using a range of international seasonings and flavourings</li> <li>Follow recipes using fruit and vegetables using a variety of techniques</li> <li>Demonstration of safe practices in all activities equipment to assist in a finished product</li> <li>Experience working collaboratively with others while cooking</li> <li>Demonstrate the ability to make at least three types of drinks according to safe working procedures</li> </ul>	<ul style="list-style-type: none"> <li>To develop risk assessment awareness through practice</li> <li>To develop and understanding of the meaning of the 4 C s in food hygiene ie cleanliness, cooking, chilling and cross contamination</li> </ul> <p><b>Key knowledge</b></p> <ul style="list-style-type: none"> <li>Increase independent skills</li> <li>To develop a familiarity and confidence in cooking</li> <li>Recognise good hygiene practices followed during preparation and cooking foods</li> <li>Identify how to simmer and roast foods and create dishes</li> <li><b>Ks4 Prep</b> – Maillard Reaction in food and heat transfer</li> </ul> <p><b>Cultural Capital Skills</b></p> <ul style="list-style-type: none"> <li>Identify links between foods and festivals in the Summer</li> <li>Identify and develop an awareness of a range of different Spanish</li> <li>Develop local food knowledge and use a range of local and British foods</li> </ul> <p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>Safe use of the hob independently to create a blended and pasta sauce</li> <li>Safe use of the cooker independently</li> <li>Create a selection of dishes using simmering and roasting in Spanish style</li> <li>Demonstrate accurate weighing and measuring using a range of international seasonings and flavourings</li> <li>Follow recipes using fruit and vegetables using a variety of techniques</li> <li>Demonstration of safe practices in all activities equipment to assist in a finished product</li> <li>Experience working collaboratively with others while cooking</li> <li>Demonstrate the ability to make at least three types of drinks according to safe working procedures</li> </ul>
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## Food Tech Curriculum Progression Map KS4

	Qualifications	Term 1–8 weeks/Term 2 –7 weeks	Term 3 - 6 weeks	Term 4 – 6 weeks	Term 5 – 5 weeks	Term 6 – 7 weeks
Year 10	<p><b>Knowledge &amp; Skills:</b> <b>Coursework</b></p> <p><b>NCFE</b> <b>LEVEL 2 Certificate in Food and Cookery Skills</b></p> <p><b>Unit 1</b> <b>Preparing to Cook</b></p> <p><b>Learning Outcome 1</b> 1 Understand how to prepare self and the environment for cooking 1,1 Describe safe and hygienic working practices to prepare self for cooking 1,2 Describe safe and hygienic working practices to prepare the cooking environment 1.3 Assess potential risks and hazards in the cooking environment <b>Learning Outcome 2</b> 2 understand how to prepare and store equipment and utensils 2.1 Describe the uses of cooking equipment and utensils 2.2 Describe how to prepare equipment and utensils for cooking 2.3 Describe safe cleaning and storage of equipment and utensils Learning outcome 3 3 understanding recipes for cooking 3.1 Describe the purpose of a recipe 3.2 Identify the stages of a recipe 3.3 Describe the purpose of different ingredients in a recipe 3.4 Describe cooking skills Learning outcome 4 Be able to use skills for food preparation and cooking 4.1 Demonstrate safe and hygienic practices to prepare self and the environment for cooking 4.2 Demonstrate how to follow recipes 4.3 Demonstrate cooking skills 4.4 Demonstrate safe use of equipment and utensils 4.5 Demonstrate safe and hygienic cleaning and storage of equipment and utensils</p> <p><b>Unit 1</b> Develop awareness, understanding and skills in - <b>Course Induction</b> Approx 3/4 weeks</p> <ul style="list-style-type: none"> <li>Provide a foundation for the course</li> <li>Structure of qualification</li> <li>The assessment processes</li> </ul>	<p><b>Knowledge &amp; Skill</b> <b>Coursework</b></p> <p><b>NCFE</b> <b>Level 2 Certificate in Food and Cookery Skills</b></p> <p><b>Unit 3</b> <b>Exploring balanced diets</b></p> <p><b>Learning Outcome 1</b> 1 Understanding the importance of a balanced diet</p> <ul style="list-style-type: none"> <li>1.1 Explain what is meant by a balanced diet</li> <li>1.2 Describe the nutrients that make up a balanced diet</li> <li>1.3 Explain nutrients required for different groups of people</li> <li>1.4 Explain healthy eating advice</li> <li>1.5 Explain how nutritional information on food labels can inform healthy eating</li> <li>1.6 Assess a food diary and make recommendations</li> </ul> <p><b>Learning Outcome 2</b> 2 Be able to change recipes to make them healthy</p> <ul style="list-style-type: none"> <li>Assess a recipe in terms of its contribution to healthy eating</li> <li>Explain how the recipe could be changed to make the finished dish healthier</li> </ul> <p>Develop awareness, understanding and skills in -; Food and costs, sensory awareness, comparison of ingredients, applying choices, evaluation of dishes</p> <ul style="list-style-type: none"> <li>The importance of a balanced diet including RDA and GDA s</li> <li>The importance of the role of macro and micro nutrients</li> <li>Identifying individual groups activity levels and medical conditions and the effect on diet</li> <li>Developing an awareness of current and up to date healthy eating advice</li> <li>Describe how cost factors affect food choices including taste, texture and appearance</li> </ul> <p><b>Range includes</b></p> <ul style="list-style-type: none"> <li><b>1.1 Balanced diet</b> to include portion control, water intake and dietary fibre, RI and GDA</li> <li><b>1.2 Nutrients:</b> macro nutrients, micro nutrients, minerals source, function deficiency</li> <li><b>1.3 Groups of people:</b> age babies and toddlers, pre-schoolers, children, teenagers, adults, older. Gender, activity level, health conditions- lactose, nut allergy, coronary, heart disease, vegans</li> <li><b>1.4 Healthy eating advice:</b> current healthy advice, individual requirements for a balanced diet, RI/GDA</li> </ul>	<p><b>Knowledge &amp; Skills:</b> <b>Course work</b></p> <p><b>NCFE</b> <b>Level 2 Certificate in Food and Cookery Skills</b></p> <p><b>Unit 1</b> <b>Preparing to Cook</b></p> <p><b>Learning Outcome 1</b> 1 Understand how to prepare self and the environment for cooking 1,1 Describe safe and hygienic working practices to prepare self for cooking 1,2 Describe safe and hygienic working practices to prepare the cooking environment 1.3 Assess potential risks and hazards in the cooking environment</p> <p><b>Unit 1</b> Develop awareness, understanding and skills in - <b>Methods of Cooking</b> include - Roasting, Baking, Stewing, Poaching, Simmering <b>Preparation</b> include – Chop, Creaming, Grating using knives, carrying items, using small and large equipment, seasoning and tasting.</p> <ul style="list-style-type: none"> <li>Understand and apply through practice health and safety in the kitchen (2.3)</li> <li>To make selective choices for each dish</li> <li>To become familiar and competent in cooking a range of dishes to be able to feed themselves and others</li> <li>Demonstrate safe practices with knives to produce dishes</li> <li>Identify commodities and use a range to create dishes</li> <li>Create a colourful and balanced range of dishes</li> <li>Become competent in a range of cooking techniques to prepare, cook and present foods and review</li> </ul> <p><b>Unit 2</b></p>	<p><b>Knowledge &amp; Skills:</b> <b>Course work</b></p> <p><b>NCFE</b> <b>Level 2 Certificate in Food and Cookery Skills</b></p> <p><b>Unit 1</b> Develop awareness, understanding and skills in - <b>Methods of Cooking</b> include - Steaming, Microwaving, boiling, baking, frying</p> <p><b>Preparation</b> include - Folding, Peeling, Mixing, rubbing in, Stirring, , maintaining cleanliness, washing and drying hands, no jewellery and clean hands</p> <ul style="list-style-type: none"> <li>Understand and demonstrate health and safety practices in the kitchen</li> <li>To understand where food is stored and find it to use for each dish</li> <li>To become familiar and competent in cooking a range of dishes</li> <li>Demonstrate safe practices</li> <li>Identify and recognise foods to be used in dishes</li> <li>Identify links between foods and festivals and create dishes to demonstrate this</li> <li>Become competent in a range of cooking techniques to select, prepare, cook and present foods</li> <li>Identify key processes that underpin food preparation and cooking</li> </ul> <p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>Safe use of the hob independently to create a blended béchamel sauce using conduction and convection</li> <li>Safe use of the cooker independently to create pastry products and two stage cookery</li> <li>Accurate weighing and measuring independently and with support</li> <li>Follow a recipe with support</li> <li>Identify commodities and prepare them</li> </ul>	<p><b>Knowledge &amp; Skills:</b> <b>Course work</b></p> <p><b>NCFE</b> <b>Level 2 Certificate in Food and Cookery Skills</b></p> <p><b>Unit 2</b> <b>Understanding Food</b></p> <p><b>Learning Outcome 1</b> 1 Understand the source of food 1.1 Describe the main food groups 1.2 Describe sources of foods from each main food group 1.3 Explain how seasons affect food availability Learning outcome 3 Be able to make informed choices when using food for cooking 3.1 Compare ingredients to inform choice of recipes 3.2 Apply choices of ingredients to make given dishes 3.3 Evaluate completed dishes Develop awareness, understanding and skills in –</p> <ul style="list-style-type: none"> <li>1.1 Creating dishes that reflect a balanced diet</li> <li>1.2/3 Being able to identify macro and micro nutrients</li> <li>1.3 Identifying dishes to suit specialist groups of people</li> <li>1.4 Creating and identifying dishes to meet specific meals and events</li> <li>2.3 Following and support others in developing aesthetic factors of dishes</li> <li>2.1 Creating dishes and following a recipe</li> <li>1.5 Developing presentation and portion size awareness</li> </ul> <p><b>Methods of Cooking</b> include – Boiling, Grilling ,poaching, steaming, baking, stir frying and simmering</p> <p><b>Preparation</b> include – Chop, Creaming, Grating, seasoning, clean uniform, hair tied back, appropriate footwear, cuts and burns covered, waterproof dressings used and clean hands.</p> <ul style="list-style-type: none"> <li>Understand and apply through activity an understanding of health and safety in the kitchen</li> </ul>	<p><b>Knowledge &amp; Skills:</b> <b>Course work</b></p> <p><b>NCFE</b> <b>Level 2 Certificate in Food and Cookery Skills</b></p> <p><b>Unit 2</b> <b>Understanding Food</b></p> <p><b>Learning outcome 2</b> 2 Understand factors affecting food choices 2.1 Describe how social factors affect food choice 2.2 Describe how environmental factors affect food choice 2.3 Describe how cost factors affect food choice 2.4 Describe how sensory factors affect food choice</p> <p>Learning Outcome 3 3 Be able to make informed choices when using food for cooking 3.1 Compare ingredients to inform choice of recipes for given dishes 3.2 Apply choices of ingredients to make given dishes 3.3 Evaluate completed dishes Develop awareness, understanding and skills In –</p> <ul style="list-style-type: none"> <li>Identifying food groups in dishes</li> <li>Understanding and recognising sources of food and originality</li> <li>Developing skills in social factors linking to food and its impact</li> <li>Increasing knowledge in environmental factors with food</li> <li>Increasing an awareness in cost factors</li> <li>Identifying the importance of sensory factors</li> </ul> <p><b>Methods of cooking</b> including – Roasting, Baking</p> <p><b>Preparation</b> include – Poaching, Steaming Microwaving, selecting and using equipment, timing – making sure its cooked, maintaining hygiene practices</p> <ul style="list-style-type: none"> <li>Understand and apply through practice a clear understanding of health and safety practices in the kitchen</li> </ul>

<ul style="list-style-type: none"> <li>Assist learners to develop understanding of the assessment criteria, the range and grading descriptors</li> <li>Introduction to the basic practical skills</li> <li>Introduction to necessary organisation skills when preparing and cooking food</li> <li>Introduction of implementation of safe and hygienic practices</li> </ul> <p>1.1 Describe safe and hygienic working practices prepare self for cooking</p> <p>Develop awareness, understanding and skills in HACCAP and food safety management systems :-</p> <ul style="list-style-type: none"> <li>Hazard spotting in a range of cooking environments</li> <li>Home hygiene safety in the kitchen and school prep area</li> <li>Catering kitchen, food production factory</li> <li>Discussion and research task of safe practices</li> <li>Leaflet production with young learners who have started to cook</li> <li>Report writing of health issues</li> <li>Food premises prosecutions</li> <li>Identifying potential problems</li> </ul> <p>Range includes</p> <ul style="list-style-type: none"> <li><b>1.2 Cooking Environment</b></li> <li><b>1.3 Potential risks and hazards</b> – food safety, eg bacteria and personal hygiene. Hazard safety eg cuts, burns, scalds, slips, trips and falls</li> <li><b>3.2 Stages;</b> eg ingredients, preparation , method, timings</li> <li><b>3.3 Purpose</b> eg aeration, thickening, shortening, aesthetics, taste</li> <li><b>3.4 Cooking Skills</b> baking, boiling, grilling, frying</li> <li><b>4.3 Cooking Skills</b> -in addition to basic skills include the following eg roasting, steaming, poaching, sautéing, stewing, casserole, sauce making</li> </ul>	<ul style="list-style-type: none"> <li><b>1.5 Nutritional information:</b> eg fat content, calorie content, serving size</li> <li><b>1.6 Recommendations:</b> including current healthy advice, individual requirements for a balanced diet RI/GDA</li> <li><b>2.1 Recipe:</b> eg cooking method, ingredients, portion size, serving suggestions, cost</li> <li><b>2.3 Other factors:</b> eg taste, texture, moisture, appeal, appearance</li> </ul> <p>Range includes :-</p> <ul style="list-style-type: none"> <li>Creating dishes suitable for babies and toddlers</li> <li>Pre schoolers, children</li> <li>Teenagers</li> <li>Adults including older gender</li> <li>Activity levels –</li> <li>Health conditions including lactose, allergens</li> <li>Coronary heart disease</li> <li>Vegans</li> </ul> <p>Assessment</p> <ul style="list-style-type: none"> <li>Learners are expected to choose their own dishes</li> <li>Demonstrate an understanding of the assessment criteria</li> <li>Create dishes and review final outcome Evidence final outcome and amendments</li> <li>Demonstrate a wider range of skills using prior knowledge and units 1 and 2</li> </ul> <p><b>BTEC Home Cooking Skills Level 2</b></p> <p><b>Unit 2</b></p> <p>Select and prepare ingredients for recipes</p> <p>Develop awareness, understanding and skills in -</p>	<p>Know about different types of equipment – Large equipment – ovens- gas/electric, Safe use of all equipment</p> <p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>Safe use of the hob independently to create a blended béchamel sauce using a roux using conduction and convection</li> <li>Safe use of the cooker independently to create products</li> <li>Accurate weighing and measuring independently and with support</li> <li>Follow a recipe</li> <li>Identify and prepare a range of fruit and vegetables using a variety of techniques</li> <li>Demonstration of safe practices in all activities equipment to assist in a finished product</li> <li>Identify and prepare a range of ingredients and equipment to use dry heat methods of cookery</li> <li>Identify and use the oven to create a range of dishes</li> </ul> <p>Assessment</p> <ul style="list-style-type: none"> <li>Identify job roles within the catering industry</li> <li>Identify possible job opportunities including kitchen brigade, front of house and administration</li> <li>Identify supply and demand of staff within the industry including seasonal staff and roles</li> <li>Identify training opportunities and</li> <li>Link life experiences and personal attributes</li> </ul> <p><b>Cultural Capital Skills</b></p> <ul style="list-style-type: none"> <li>Identify links between foods and festivals in the Summer</li> <li>Identify and develop an awareness of a range of different Italian foods and dishes</li> <li>Identify nutritional content and needs and the source, seasonality and characteristics</li> </ul>	<ul style="list-style-type: none"> <li>Identify and prepare a range of fruit and vegetables using a variety of techniques</li> <li>Demonstrate safe practices in all activities to create a finished product</li> <li>Identify and prepare ingredients and equipment to use dry heat methods of cookery</li> <li>Identify and use the oven to create dishes</li> </ul> <p><b>Assessment</b></p> <ul style="list-style-type: none"> <li>Identify seasonality of food</li> <li>Link skills</li> <li>Identify types of provision, service, location, size and standard</li> <li>Identify how dishes on the menu address environmental issues</li> <li>Identify how nutritional content can impact on available choices</li> </ul> <p><b>Cultural Capital Skills</b></p> <ul style="list-style-type: none"> <li>Identify links between foods and festivals in the Summer</li> <li>Identify and develop an awareness of a range of different Italian foods and dishes</li> <li>Understand the source, seasonality and characteristics of a broad range of ingredients.</li> </ul>	<ul style="list-style-type: none"> <li>To locate food and make selective choices for chosen dishes</li> <li>To become familiar and competent in cooking a range of dishes</li> <li>Demonstrate safe practices with the use of knives to produce dishes</li> <li>Identify and be able to recognise a range of foods to be predominately used</li> <li>Identify links between foods and festivals and create a range of dishes to demonstrate this</li> <li>Become competent in a range of cooking techniques to select, prepare, cook and present foods</li> <li>Understand the source, seasonality and characteristics of ingredients.</li> <li>Identify key processes that underpin food preparation and cooking</li> </ul> <p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>Safe use of the hob independently to create a blended and pasta sauce</li> <li>Safe use of the cooker</li> <li>Accurate weighing and measuring independently and with support</li> <li>Follow a recipe with support</li> <li>Identify key commodities and how they can be prepared</li> <li>Identify and prepare a range of fruit and vegetables using a variety of techniques</li> <li>Demonstration of safe practices in all activities equipment to assist in a finished product</li> <li>Identify and prepare ingredients and equipment to use dry heat methods of cookery</li> <li>Identify and use the oven to create a range of dishes</li> </ul> <p>explain how dishes on a menu address environmental issues</p> <p>Explain how menu dishes meet customer needs</p> <p><b>Assessment</b></p> <ul style="list-style-type: none"> <li><b>Needs</b> include nutritional</li> <li>Understand the importance of nutrition identify what is the economy needs when creating menus, meals and dishes</li> <li>Understand the use of Organoleptic senses and their importance</li> <li>Costs – premium goods and value for money including using local foods</li> <li>Identifying ingredients used</li> </ul>	<ul style="list-style-type: none"> <li>To understand where food comes from and o make selective choices for each dish</li> <li>To become familiar and competent in cooking a range of dishes to be able to feed themselves and others</li> <li>Demonstrate safe practices with the use of knives to produce dishes</li> <li>Identify and be able to recognise a range of foods to be predominately used in a variety of savoury and sweet seasonal dishes</li> </ul> <p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>Food commodities and where food comes from</li> <li>Linking commodities to food groups</li> <li>Diet and Good health</li> <li>Food Nutrients</li> <li>COSHH/HACCP</li> <li>Key Temperatures</li> <li>Cooking Methods</li> <li>Supply chains and using local products</li> <li>Practical controlled Assessment practice</li> <li>Ensuring all dishes are balanced</li> </ul> <p>Explain factors affecting cooking economically when planning of dishes for a menu</p> <p><b>Assessment</b></p> <ul style="list-style-type: none"> <li>identify costs needed to economise</li> <li>identify meal planning and its importance</li> <li>identify what is the economy and why is it important in cooking</li> <li>identify sequencing of planning</li> <li>timing including cooking, cooling</li> <li>importance of food safety and hygiene</li> </ul>
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<p><b>Year 11</b></p> <p><b>BTEC Home Cooking Skills Level 2</b></p> <p><b>Unit 1</b></p> <p><b>Learning Outcomes</b></p> <p><b>Be able to plan a nutritious, home cooked meal using basic ingredients</b></p> <p>1.1 plan a nutritious two – course meal</p> <p>Be able to prepare, cook and present a nutritious, home cooked meal using basic ingredients</p> <p>2.1 Select and prepare ingredients for recipes, for a nutritious two course meal</p> <p>2.2 Use cooking skills when following the recipes</p> <p>2.3 Demonstrate food safety and hygiene throughout the preparation and cooking process</p> <p>2.4 Apply presentation skills when serving the meal</p> <p><b>Understand how to cook economically at home</b></p> <p>3.1 Explain ways to economise at home</p> <p>Be able to pass on information about cooked meals at home from scratch</p> <p>4.1 Identify ways information about cooking meals at home from scratch has been passed on to others</p> <p><b>Range including -:</b></p> <p>1 planning including selecting recipes for courses eg starter, main course, dessert</p> <p>2 identifying nutritional analysis, contribution to five a day initiative and advise</p> <p>3 Developing time management skills through practical prep, cooking and assembling using ingredients and equipment</p> <p>4 Selecting ingredients including fresh, seasonal and locally produced items</p> <p>5 Using a range of kitchen basics from the store cupboard ingredients and popular kitchen equipment</p> <p>6 Selecting recipes using eggs, breakfast, packed lunches, Bread, Pasta, Vegetables, vegetarian, stews, hotpots, quick cook meat, puddings, stir fries, baked and stewed fruit and roast dinner</p>	<p>Methods of Cooking include –</p> <p>Boiling, Grilling, Deep Frying, Shallow Frying,</p> <p>Preparation include –Weigh, Measure, Beat,</p> <p>Cooking Methods include –</p> <p>Boiling, Grilling, Deep Frying, Shallow Frying, Roasting, Baking, Grilling, Poaching, Steaming, Microwaving, selecting and using equipment, seasoning, tasting, timing – making sure its cooked</p> <p>Safe working practices include –</p> <p>Prevent bacteria spreading and growing, washing hands, separating raw and cooked foods, using the refrigerator, closing doors, carrying items and equipment, spillages, using knives, using small and large equipment, maintaining cleanliness, washing and drying hands, clean equipment, personal presentation, clean uniform, hair tied back, appropriate footwear, cuts and burns covered, waterproof dressings used, no jewellery and clean hands.</p> <p>Review include – methods of work, equipment used, timing, quality of dishes, eg appearance, taste, season, colour, texture, temperature, portion, size, portion, hygiene standards, identifying improvements.</p> <p>Range include -:</p> <ul style="list-style-type: none"> <li>• 2.2 use cooking skills when following the recipe</li> <li>• 2.3 Demonstrate food safety and hygiene throughout the preparation and cooking process</li> <li>• 2.4 Apply presentation skills when serving the meal</li> <li>• Know about different types of equipment – Large equipment – ovens- gas/electric, microwave, grills, deep fat fryer, electric mixer, liquidiser, blender and food processor. Small kitchen equipment – knives, chopping boards Hand tools – potato peeler, apple corer, lemon zester, fruit scoop, garlic crusher, kitchen scissors, whisk, rolling pin and wooden spoon. Safety requirements – correct procedure, safety hazards, personal concentration, hazards. Select the correct equipment for the task Safe use of all equipment according to the instructions. Cleaning equipment –cleaning procedures, cleaning chemicals and materials, checking for cleanliness and good hygiene and storage.</li> </ul> <p><b>Assessment</b></p> <ul style="list-style-type: none"> <li>• Preparation skills eg chopping, slicing</li> <li>• Following a recipe using weights and measure</li> <li>• Demonstrate effective food safety and hygiene</li> <li>• Identify a range of food ensuring that it is properly cooked</li> </ul>	<p>of a broad range of ingredients.</p> <ul style="list-style-type: none"> <li>•</li> </ul> <p><b>Unit 1</b></p> <p>Develop awareness, understanding and skills in -</p> <p><b>Methods of Cooking</b> include -</p> <p>Roasting, Baking, Stewing, Poaching, Simmering</p> <p><b>Preparation</b> include –</p> <p>Chop, Creaming, Grating using knives, carrying items, using small and large equipment, seasoning and tasting.</p> <ul style="list-style-type: none"> <li>• Understand and apply through practice health and safety in the kitchen (2.3)</li> <li>• To make selective choices for each dish</li> <li>• To become familiar and competent in cooking a range of dishes to be able to feed themselves and others</li> <li>• Demonstrate safe practices with knives to produce dishes</li> <li>• Identify commodities and use a range to create dishes</li> <li>• Create a colourful and balanced range of dishes</li> </ul> <p>Become competent in a range of cooking techniques to prepare, cook and present foods and review</p>	<p><b>Unit 2</b></p> <p>Know about different types of equipment – Large equipment – ovens- gas/electric, Safe use of all equipment</p> <p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>• Safe use of the hob independently to create a blended béchamel sauce using a roux using conduction and convection</li> <li>• Safe use of the cooker independently to create products</li> <li>• Accurate weighing and measuring independently and with support</li> <li>• Follow a recipe</li> <li>• Identify and prepare a range of fruit and vegetables using a variety of techniques</li> <li>• Demonstration of safe practices in all activities equipment to assist in a finished product</li> <li>• Identify and prepare a range of ingredients and equipment to use dry heat methods of cookery</li> <li>• Identify and use the oven to create a range of dishes</li> </ul> <p>Assessment</p> <ul style="list-style-type: none"> <li>• Identify dishes and create a menu to be served as a two- course meal</li> <li>• Identify possible dishes to meet a brief to show off skills</li> <li>• Demonstrate safe practices at all stages</li> <li>• Plan and carry out the assessment to meet timescales requested</li> <li>• Demonstrate and carry out effective health and safety skills and practices</li> </ul> <p><b>Cultural Capital Skills</b></p> <ul style="list-style-type: none"> <li>• Identify links between foods and festivals in the Summer</li> <li>• Identify and develop an awareness of a range of different utensils and ingredients through skills learnt</li> <li>• Identify nutritional content and needs and the source, seasonality and characteristics of a broad range of ingredients.</li> <li>• Complete tasks within given time limits.</li> </ul>	<ul style="list-style-type: none"> <li>• Developing and identifying environmental issues and recycling</li> <li>• Reduce, reuse and recycle</li> </ul>	
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	<p>7 Demonstrate a range of skills including chopping, slicing, peeling, roasting and frying</p> <p>8 Following recipes including weighing and measures including oven temperatures and timings</p> <p>9 Following Food safety and hygiene</p> <p>10 Developing Meal presentation skills</p> <p>11 Identifying skills in learning to economise when cooking at home</p> <p>12 Identifying communication methods to share information to inspire others</p>	<ul style="list-style-type: none"> <li>• Have an awareness of food safety standards and following storage instructions</li> <li>• Identify job roles within the industry</li> </ul>				
D	<p>Knowledge &amp; Skills:</p> <p><b>Level 2 Award in Food Safety</b></p> <ul style="list-style-type: none"> <li>• <b>The law</b></li> <li>• <b>Bacteria</b></li> <li>• <b>What is Food Poisoning</b></li> <li>• <b>How can we control Food Poisonings?</b></li> <li>• <b>Spoilage and prevention</b></li> <li>• <b>Physical Hazards, Chemical Hazards &amp; Allergens,</b></li> <li>• <b>Personal Hygiene</b></li> <li>• <b>HACCP &amp; Storage</b></li> <li>• <b>Pests and Pets</b></li> <li>• <b>Premises and Equipment</b></li> <li>• <b>Cleaning</b></li> </ul> <p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>• Each section of the programme needs to be completed with sufficient amount of on line study followed by a recap and exam style questions for each section</li> <li>• An on line mock test is then undertaken.</li> <li>• Learners are required to take the on line mock examination twice and for them to achieve 70% to ensure that they have retained sufficient knowledge to achieve the final qualification and on line exam</li> <li>• Learners will then be given the maximum time of 1 hour to complete the written test on line and answer a series of multi choice answers</li> </ul>	<p>Knowledge &amp; Skills:</p> <ul style="list-style-type: none"> <li>• Understand and apply through practice a clear understanding of health and safety practices in the kitchen independently</li> <li>• To understand and choose foods to make selective choices for each dish</li> <li>• To become familiar and competent in cooking a range of complex dishes with precision for presentation</li> <li>• Demonstrate safe practices with knives.</li> <li>• Identify and prepare meaningful foods to be used in a variety of savoury and sweet dishes</li> <li>• Demonstrate and apply an awareness of consumer preferences and reasons for the choice</li> <li>• Become competent in a range of cooking techniques to select, prepare, cook and present foods</li> <li>• Understand and use seasonality and characteristics of a broad range of ingredients.</li> <li>• Apply knowledge of science in practical and meaningful way</li> </ul> <p><b>Assessment:</b></p> <p>Safe use of the hob independently to create a sauce based dish</p> <p>Safe use of the cooker independently to create sweet and savoury dishes</p> <p>Accurate weighing and measuring independently and with support</p> <p>Follow a recipe with support the aesthetics of a dish</p> <p>Have an awareness of different foods and how they can be enhanced for presentation</p> <p>Identify and prepare a range of fruit and vegetables using a variety of techniques for a meal</p> <p>Demonstration of safe practices in all activities equipment to assist in a finished product</p> <p>Identify and prepare a range of ingredients and equipment to use wet and dry heat methods of cookery</p> <p>Identify and use the oven to create a range of dishes</p> <p>Become competent in a range of cooking techniques to select, prepare, cook and present foods</p>	<p>Knowledge &amp; Skills:</p> <p><b>Written and practical controlled assessment practice</b></p> <p><b>Feb within lessons 90mins max</b></p> <ul style="list-style-type: none"> <li>• Apply clear health and safety practices in the kitchen independently</li> <li>• To make selective choices for each dish</li> <li>• To become familiar and competent in cooking complex dishes with precision for presentation</li> <li>• Demonstrate safe practices with knives to produce dishes.</li> <li>• Identify and prepare foods to be used in a variety of savoury and sweet dishes for a 2 course meal</li> <li>• Demonstrate and apply an awareness of consumer preferences and reasons for the choice</li> <li>• Become competent in a range of cooking techniques to select, prepare, cook and present foods</li> <li>• Understand and use seasonality and characteristics of a broad range of ingredients.</li> <li>• Apply knowledge of science in practical and meaningful way for appearance</li> </ul> <p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>• Safe use of the hob e to create dishes</li> <li>• Safe use of the cooker independently to create sweet and savoury dishes</li> <li>• Accurate weighing and measuring independently</li> <li>• Follow a recipe with the aesthetics of a dish for presentation</li> </ul>	<p>Knowledge &amp; Skills:</p> <p><b>Written and practical controlled assessments</b></p> <p><b>May 2020 - practical 3 hrs</b></p> <ul style="list-style-type: none"> <li>• Learners to demonstrate and apply through practice health and safety practices</li> <li>• To create a menu and make selective choices for each dish</li> <li>• To competently cook complex dishes with precision for presentation</li> <li>• Demonstrate safe practice to produce dishes.</li> <li>• Identify and prepare meaningful foods to be used in a variety of savoury and sweet dishes</li> <li>• Demonstrate and apply an awareness of consumer preferences and reasons for the choice through justification</li> <li>• Demonstrate competence in a range of cooking techniques, prepare, cook and present foods</li> <li>• Identify and demonstrate seasonality and characteristics of a broad range of ingredients.</li> <li>• Apply knowledge of science in practical and meaningful way</li> </ul> <p><b>Assessment:</b></p> <ul style="list-style-type: none"> <li>• Prepare cook and present a range of dishes within a given time to create dishes</li> <li>• Use all items in a safe way creating a range of sweet and savoury dishes</li> <li>• Demonstrate accurate weighing and measuring</li> <li>• Use written documents to ensure all time scales are met to create dishes following recipes</li> <li>• Follow a recipe presenting well</li> <li>• Demonstration of safe practices in all activities equipment to assist in a finished product</li> </ul>		



		<p>Understand and use seasonality and characteristics of a broad range of ingredients. Apply knowledge of science in practical and meaningful way</p>	<ul style="list-style-type: none"> <li>• Have an awareness of ingredients chosen and how they can be prepared</li> <li>• Use a range of fruit and vegetables using a variety of techniques for dishes</li> <li>• Demonstration of safe practices in all activities equipment to assist in a finished product</li> <li>• Identify and prepare a range of ingredients and equipment to use wet and dry heat methods of cookery</li> <li>• Review work completed and identify improvements and/or changes</li> </ul>	<ul style="list-style-type: none"> <li>• Identify and prepare a range of ingredients and equipment to use both wet and dry heat methods of cookery</li> <li>• Review work completed and identify improvements for the future.</li> </ul>		
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