

The Beacon Centre

Food Technology (Theory)

Food Technology is a valuable subject for all pupils, but above all more so for our students. Food Technology promotes Social, Moral, Spiritual and Cultural development as well as health, hygiene, nutrition, and food science as well as food preparation. Cooking and healthy eating is an important life skill and Food Technology is focused on preparing healthy dishes safely and hygienically. Students will explore healthy eating and balanced diets and will learn about the nutritional needs of different groups in society.

Food Technology is a popular subject and students are provided with an opportunity to be creative and independent. Students can explore their creativity in cooking and preparing a variety of dishes. The learning environment needs to be flexible to facilitate planning, designing, evaluation, preparation, and realization. There need to be areas for research, group discussion and for interaction.

Through a subject like Food Technology, pupils will develop confidence, independence, problem solving skills and self-esteem. They will also learn the value of home cooked food and how this can help towards physical and mental health. Food Technology is a practical based subject which students fully engage with and often choose to pursue as a future career within the catering industry. Food Technology will also provide pupils with a good basic level of cooking skills which they can use in later life.

Long Term overview of the theory topics that each class will study during each half term.		
	Year 10	Year 11
Autumn 1	<u>Topic: Hygiene and safety skills</u> Cooking skills Food Hygiene Kitchen Safety Evaluation skills Home cooking journal	<u>Level 2 Topic: Hygiene and safety skills</u> Cooking skills Food Hygiene Kitchen Safety Evaluation skills Home cooking journal

Autumn 2	<p><u>Topic: Equipment and Cooking Methods</u></p> <p>Equipment knowledge</p> <p>Cooking methods</p> <p>Evaluation skills</p> <p>Home cooking journal</p> <p><u>Topic: Nutrition and Dietary needs</u></p> <p>Healthy living</p> <p>Eat Well Guide</p>	<p><u>Level 2 Topic: Equipment and Cooking Methods</u></p> <p>Equipment knowledge</p> <p>Cooking methods</p> <p>Evaluation skills</p> <p>Home cooking journal</p> <p><u>Level 2 Topic: Nutrition and Dietary needs</u></p> <p>Healthy living</p> <p>Eat Well Guide</p>
Spring 1	<p><u>Topic: Nutrition and Dietary needs</u></p> <p>Different dietary needs</p> <p><u>Topic: Food Provenance</u></p> <p>Food processing</p>	<p><u>Level 2 Topic: Nutrition and Dietary needs</u></p> <p>Different dietary needs</p> <p><u>Level 2 Topic: Food Provenance</u></p> <p>Food processing</p>
Spring 2	<p><u>Topic: Food Provenance</u></p> <p>Farm to fork</p> <p>Mini Assessment</p> <p>Adapt a recipe completed to suit a specific dietary need.</p>	<p><u>Level 2 Topic: Food Provenance</u></p> <p>Farm to fork</p> <p><u>Level 2 Mini Assessment</u></p> <p>Adapt a recipe completed to suit a specific dietary need.</p>
Summer 1	<p><u>Topic: Introduction to Level 2</u></p>	<p><u>Level 2 Topic: Home Made or Take Away</u></p> <p>Comparison of take away and home</p>

	<p><u>Topic: Home Made or Take Away</u></p> <p>Comparison of take away and home cooked foods inc. ready meals.</p> <p>Looking at different ingredients and salt/sugar content.</p> <p>Which is cheaper?</p> <p>Air miles</p>	<p>cooked foods inc. ready meals.</p> <p>Looking at different ingredients and salt/sugar content.</p> <p>Which is cheaper?</p> <p>Air miles</p> <p><u>Topic: Staple foods</u></p> <p>Provenance</p>
Summer 2	<p><u>Topic: Staple foods</u></p> <p>Provenance</p>	Final Exam

Potential qualifications that can be achieved in this subject area:

GCSE, **BTEC**, Cambridge National, **ASDAN**, Functional Skills, Entry Level Certificate