

The Beacon Centre

Food Technology (Practical)

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 majority 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.

Here at The Beacon Centre we offer the Pearson BTEC Level 1 and Level 2 Awards in Home Cooking Skills, ASDAN and Entry Level Awards therefore the pupils get to take away a professional qualification in this subject.

Long Term overview of the topics that each class will study during each half term.				
	Key Stage 3	Year 10	Year 11	Additional Students
Autumn 1	Breakfast BTEC Home Cooking Skills Level 1 ASDAN/ Entry Level Certificate	Breakfast BTEC Home Cooking Skills Level 1 ASDAN/ Entry Level Certificate	Breakfast BTEC Home Cooking Skills Level 1 ASDAN/ Entry Level Certificate	Breakfast BTEC Home Cooking Skills Level 1 ASDAN/ Entry Level Certificate
Autumn 2	Vegetables and Mince BTEC Home Cooking Skills Level 1	Vegetables and Mince BTEC Home Cooking Skills Level 1 or 2 ASDAN/ Entry Level Certificate	Vegetables and Mince BTEC Home Cooking Skills Level 1 or 2 ASDAN/ Entry Level Certificate	Vegetables and Mince BTEC Home Cooking Skills Level 1 ASDAN/ Entry Level Certificate

Spring 1	Meat Meals BTEC Home Cooking Skills Level 1	Meat Meals BTEC Home Cooking Skills Level 1 or 2 ASDAN/ Entry Level Certificate	Meat Meals BTEC Home Cooking Skills Level 1 or 2 ASDAN/ Entry Level Certificate	Meat Meals BTEC Home Cooking Skills Level 1 ASDAN/ Entry Level Certificate
Spring 2	Quick Cook Meat BTEC Home Cooking Skills Level 1	Quick Cook Meat BTEC Home Cooking Skills Level 1 or 2 ASDAN/ Entry Level Certificate	Quick Cook Meat BTEC Home Cooking Skills Level 1 or 2 ASDAN/ Entry Level Certificate	Quick Cook Meat BTEC Home Cooking Skills Level 1 ASDAN/ Entry Level Certificate
Summer 1	Chicken BTEC Home Cooking Skills Level 1	Chicken BTEC Home Cooking Skills Level 1 or 2 ASDAN/ Entry Level Certificate	Chicken BTEC Home Cooking Skills Level 1 or 2 ASDAN/ Entry Level Certificate	Chicken BTEC Home Cooking Skills Level 1 ASDAN/ Entry Level Certificate
Summer 2	Puddings BTEC Home Cooking Skills Level 1	Puddings BTEC Home Cooking Skills Level 1 or 2 ASDAN/ Entry Level Certificate	Puddings BTEC Home Cooking Skills Level 1 or 2 ASDAN/ Entry Level Certificate	Puddings BTEC Home Cooking Skills Level 1 ASDAN/ Entry Level Certificate

Potential qualifications that can be achieved in this subject area:

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

Class: Key Stage 3

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Pupils will learn about the importance of health and safety in the kitchen, healthy eating and complete a number of practical activities. Students will explore the different cultural influences on food in Britain. Independence and Organisation - Focus on targets with pupils working towards independent learning using their ILPs to effectively organise their work to ensure all tasks are completed appropriately.</p>	<p>Pupils will learn about the importance of a healthy diet for each different life stage, health and safety to reduce the risk of cross contamination. Students will research and explore healthy eating and discover how to make the right choices for fitness and body maintenance including how to plan balanced meals for optimum nutritional needs. Students will understand how they can: recognize, understand and consider the feelings of others stop and think before acting respect each other's personal space</p>	<p>Pupils will learn about the importance of health and safety in the kitchen, healthy eating and complete a number of practical activities. Students will research and explore different fads and fashions in food discovering how tastes have changes over the decades since the end of the second world war.</p>	<p>Pupils will learn about the importance of health and safety in the kitchen, healthy eating and complete a number of practical activities. Students will discover contrasts between sweet/savoury/ sour/bitter/full fat/fat free, healthy/unhealthy. Attention looking at how they can: listen to and follow instructions focus their attention and stay on task for increasingly long periods resist distractions</p>	<p>Pupils will understand how to economise when cooking a meal. Understand the value of passing on information about home cooking. Reflect on own learning about the value of gaining of cooking skills. Identify ways to pass on information about home cooking.</p>	<p>Mock Exam/ Exam Understand the value of passing on information about home cooking. Reflect on own learning about the value of gaining of cooking skills. Identify ways to pass on information about home cooking.</p>

Class: Year 10					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1.1 Select and prepare ingredients for a recipe 1.2 Use cooking skills when following a recipe 1.3 Demonstrate food safety and hygiene throughout the preparation and cooking process 2.1 Reflect on own learning about the value of gaining cooking skills 2.2 Identify ways to pass on information about home cooking	1.1 Select and prepare ingredients for a recipe 1.2 Use cooking skills when following a recipe 1.3 Demonstrate food safety and hygiene throughout the preparation and cooking process 2.1 Reflect on own learning about the value of gaining cooking skills 2.2 Identify ways to pass on information about home cooking	1.1 Select and prepare ingredients for a recipe 1.2 Use cooking skills when following a recipe 1.3 Demonstrate food safety and hygiene throughout the preparation and cooking process 2.1 Reflect on own learning about the value of gaining cooking skills 2.2 Identify ways to pass on information about home cooking	1.1 Select and prepare ingredients for a recipe 1.2 Use cooking skills when following a recipe 1.3 Demonstrate food safety and hygiene throughout the preparation and cooking process 2.1 Reflect on own learning about the value of gaining cooking skills 2.2 Identify ways to pass on information about home cooking	1.1 Select and prepare ingredients for a recipe 1.2 Use cooking skills when following a recipe 1.3 Demonstrate food safety and hygiene throughout the preparation and cooking process 2.1 Reflect on own learning about the value of gaining cooking skills 2.2 Identify ways to pass on information about home cooking	Mock Exam

Class: Year 11

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<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>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>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>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>3.1 Explain ways to economise when cooking at home</p>	<p>Plan a nutritious two-course meal</p> <p>4.1 Identify ways information about cooking meals at home from scratch has been passed on to others</p>	<p>Revision and Exam</p>

