

KS3 FOOD TECHNOLOGY CURRICULUM MAP

| Term | Weeks | Title of project | List of dishes to make | Practical skills | Theory |
|--------|----------------|---------------------------------|---|--|---|
| Autumn | A1 8 weeks | Breakfast from Around the world | <ul style="list-style-type: none"> • Egg and bacon muffin • American pancakes • 'You Tiao' (Chinese) fried dough sticks • smoothie | <ul style="list-style-type: none"> - Aeration technique in pancakes - Using different cooking methods - Taste testing and scoring - Layering ingredients - Presentation - Using smoothie maker | <ul style="list-style-type: none"> - Cultural research - Health benefits of different cooking methods - Taste testing and results - Designing alternative recipes to use a muffin for breakfast. - Using alternative milk products such as almond milk/ coconut milk |
| | A2 7 weeks | Versatility of eggs | <ul style="list-style-type: none"> • Toad in the hole • Falafels/burgers • Chicken nuggets • Sausage rolls • Eat and mess (food component) • cupcakes | <ul style="list-style-type: none"> - Binding technique - Glazing techniques for presentation - Coating ingredients - Setting, thickening and enriching ingredients | <ul style="list-style-type: none"> - What a standard food component is and why they are used. - What binding, coating, aeration, and glazing is. - Providing vegetarian alternatives. |
| Spring | Sp1 6 weeks | Homemade vs Ready made | <ul style="list-style-type: none"> • Mac and cheese • Spaghetti meatballs • Shepherd's pie | <ul style="list-style-type: none"> - Roux sauce - Binding and shaping meatball - Mashing potatoes using electric whisk - Layering for shepherd's pie | <ul style="list-style-type: none"> - Why people buy ready meals. - Pros and cons of ready meals - Why people cook from scratch - Analyse the colour coding for the nutrition value. - list labels found on the packaging - Packaging materials advantages and disadvantages including environmental impact - Cost per meal |
| | Sp2 7 weeks | Potatoes and food groups | <ul style="list-style-type: none"> • Potatoes, bacon and leek Pasty • Wedges • Baked potato and fillings • Hassel back potato | <ul style="list-style-type: none"> - Knife skills - Cooking methods - Presentation. - Shaping and sealing - Proportions | <ul style="list-style-type: none"> - Why we need to eat carbohydrates - What other types of carbohydrates are there. - Heat transfer - Designing eat well plate dishes |

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|--------|---------------|--------------|---|--|--|
| Summer | S1 4 weeks | Grown foods | <ul style="list-style-type: none"> • Stuffed bell pepper • Stir fry • Pizza • Fajita's • Taco's using fresh chilli peppers | <ul style="list-style-type: none"> - Demonstrate and practice how to prepare a pepper and different ways to cut up. - Tastes testing the variant ripped pepper and describe the taste. - Dough making, rolling and shaping for pizza - Portion control and rolling techniques for fajita. - Using flavour without over powering the dish. | <ul style="list-style-type: none"> - Naming vegetables and fruit. - Rapeseed oil farming in the UK. - Native country and growing conditions of peppers - Researching chilli peppers - Identify cooking methods - Researching Mexican cuisine. |
| | S2 7weeks | Reared foods | <ul style="list-style-type: none"> • Stuffed chicken breast • Chicken thigh curry • Lamb Kofta • Pork chops | <ul style="list-style-type: none"> - Demonstrating knife skills to Butterfly/fillet a chicken breast. - Knowing when chicken is cooked correctly using breast and thigh meat. - Binding, shaping and cooking Kofta using lamb mince - Demonstrating how to cook pork safely and correctly. | <ul style="list-style-type: none"> - Factory farmed vs free-range farming? - Identify what the Red Tractor symbol means on products - Identify what the RSPCA assured symbol means on products - Identify the two different fishing methods - Suggest sustainable fishing that will preserve future fish stokes |