

TECHNOLOGY – FOOD PREPARATION & NUTRITION
YEARS 7 & 8

<i>Topic(s) covered</i>	<i>Resources available e.g. Website</i>
<p>Food Preparation Skills</p> <ul style="list-style-type: none"> • Weighing and measuring • Knife skills • Use of equipment such as graters, blenders and food processors • Sauce making • Dough making • Different cooking methods • Testing for readiness 	<p>Work sheets - access on shared drive to all theory PowerPoint"s and work sheets used in lessons. Recipe PowerPoint"s Recipe booklet. Self-assessment booklet. www.foodafactorforlife.com</p>
<p>Food Nutrition and Health</p> <ul style="list-style-type: none"> • Sources of protein, fat and carbohydrate in our diet • The effects of excess and deficiency of protein, fat and carbohydrate in our diet • Current guidelines for a healthy diet (EWG) • How diet can lead to obesity, cardiovascular health, dental health, type two diabetes 	<p>As above</p>
<p>Food Science</p> <ul style="list-style-type: none"> • Different cooking methods • Gelatinisation, dextrinisation, caramelisation, aeration, enzymic browning, oxidation, chemical raising agent, mechanical raising agent 	<p>As above</p>
<p>Food Safety</p> <ul style="list-style-type: none"> • The conditions for growth for micro-organisms (temperature, moisture, food, time) • High risk food • Food spoilage, enzymic browning, mould growth and yeast action • Micro-organisms used in food production – blue cheese, bread, youghurt • Sources of bacterial contamination • The symptoms of food-poisoning • Different temperatures in food preparation, freezing, chilling, dangerzone • The need to have good personal hygiene 	<p>As above</p>

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<i>Topic(s) covered</i>	<i>Resources available e.g. Website</i>
Food Choice <ul style="list-style-type: none"> • How preference and healthy eating influences food choice • Different types of cuisines • Use of senses to evaluate food products 	As above
Food Provenance <ul style="list-style-type: none"> • Different methods of producing food • Social, moral and environmental issues with food 	As above
Project <ul style="list-style-type: none"> • Research on how ingredients work • Experiment to show how an ingredient works • Analysis of the results 	As above

TECHNOLOGY – FOOD PREPARATION & NUTRITION FOOD
YEAR 9

<i>Topic(s) covered</i>	<i>Resources available e.g. Website</i>
Food Preparation Skills <ul style="list-style-type: none"> • Preparing equipment for cooking – oiling • Modifying sensory properties of products • Cutting into even size pieces e.g. batons • Shaping and binding wet mixtures such as meatballs evenly • Marinating • Making and shaping dough by rolling out, lining tins • Using finishing techniques such as glazing and garnishing • Using a biological and chemical raising agent • Setting a mixture through the coagulation of eggs 	Work sheets, access on shared drive to all theory Power Points and work sheets used in lessons Recipe Power Point's Recipe booklet Self-assessment booklets www.foodafactorforlife.com

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YEAR 9

<i>Topic(s) covered</i>	<i>Resources available e.g. Website</i>
Food Nutrition and Health <ul style="list-style-type: none"> • Adapting a simple recipe to reflect the nutritional guidelines for a healthy diet • Protein alternatives • Functions and sources of vitamins and minerals in our diet • Effects of deficiency and excess of vitamins and minerals in our diet • Planning a balanced meal for a specific group • Costing recipes 	As above
Food Science <ul style="list-style-type: none"> • How different cooking methods will affect the outcome of a dish • Protein denaturation, coagulation and gluten formation • Shortening 	As above
Food Safety <ul style="list-style-type: none"> • Different food poisoning bacteria • Symptoms of a range of different food poisoning bacteria • Sources of a range of different food poisoning bacteria 	As above
Food choice <ul style="list-style-type: none"> • Different factors that affect food choice, PAL, occasion, cost, preference, availability, lifestyle, seasonality, time • Food choice in relation to religion, culture, ethical and moral belief, medical conditions • How labelling can influence food choice • Different cuisines 	As above
Food Provenance <ul style="list-style-type: none"> • Seasonality, sustainability, organic foods, locally sourced foods, food waste, carbon footprint • Fair-trade 	As above

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<i>Topic(s) covered</i>	<i>Resources available e.g. Website</i>
<p>Project</p> <ul style="list-style-type: none">• Research relating to a dietary group and a culinary tradition• Selection of appropriate dishes reflecting the research and the task• Demonstration of technical skills/processes to produce good quality dishes• Review and explanation of the choice and appropriateness of final dishes• Producing a time-plan for final product• Evaluation	<p>Project templates</p>