

TECHNOLOGY – FOOD PREPARATION & NUTRITION  
YEARS 7 & 8

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

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

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

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

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| <p>Project</p> <ul style="list-style-type: none"><li>• Research relating to a dietary group and a culinary tradition</li><li>• Selection of appropriate dishes reflecting the research and the task</li><li>• Demonstration of technical skills/processes to produce good quality dishes</li><li>• Review and explanation of the choice and appropriateness of final dishes</li><li>• Producing a time-plan for final product</li><li>• Evaluation</li></ul> | <p>Project templates</p>                    |