

Long Term Overview KS4 Food Technology

Unit Title	Preparing to cook		Understanding Food		Exploring Balanced Diets	Plan and produce dishes in response to a brief
Term	Autumn (a)	Autumn (b)	Spring (a)	Spring (b)	Summer (a)	Summer (b)
No. Weeks	8 Weeks	7 Weeks	6 Weeks	5 Weeks	7 Weeks	7 Weeks
Overview Year 10/11	Outcomes: <ul style="list-style-type: none">Use cooking skills.Outline cooking skills.Give examples of uses of cooking skills.Demonstrate skills for cooking. Topics: <ul style="list-style-type: none">Personal safety (hazards and risks).Food safety (contamination and poor hygiene). Key skills: <ul style="list-style-type: none">Weighing, measuring, peeling, chopping, creaming, rubbing in, simmering, boiling, baking, stir-frying, grilling, shallow-frying and microwaving,		Outcomes: <ul style="list-style-type: none">Understanding where food comes from.Identify main food groupsGive examples of foods from different sourcesGive examples of how seasons affect food availability. Topics: <ul style="list-style-type: none">Main food groups/ nutrients (eat-well plate).Sources (grown, reared, caught, processed).Factors (social, environmental, cost and sensory).Reviewing (cost, taste, appearance, smell, texture). Key skills: <ul style="list-style-type: none">Produce reportsFact filesDiagramsUse ICT skillsResearch		Outcomes: <ul style="list-style-type: none">Understand the importance of a balanced diet.Define what is meant by a balanced diet.Identify nutrients that make up a balanced diet.Give examples of foods high in these nutrients. Topics: <ul style="list-style-type: none">Reference intake - RI and guided daily amounts (GDA).Food labelling.Healthy eating for different groups of people. Key skills: <ul style="list-style-type: none">Change and adapt a recipe.Identify healthy and less healthy features of a recipe.Presentation skillsNon-chronological report.Explanation writing.	Outcomes: <ul style="list-style-type: none">Plan, prepare and cook a meal to meet a set brief.Demonstrate safe and hygienic working practices.Review menu of dish and gives examples of how brief has been met. Topics: <ul style="list-style-type: none">Creating a menuPractical activities to plan, prepare and cook a meal to meet a set brief. Key skills: <ul style="list-style-type: none">Strengths and weaknesses of menu, planning of preparation process and completed dish.Give examples of how brief has been met.Critical analysis of own planning and recipe.
	Visits/ Visitors					External verifier visit from NCFE. Internally verified / External verifier for portfolio BTEC