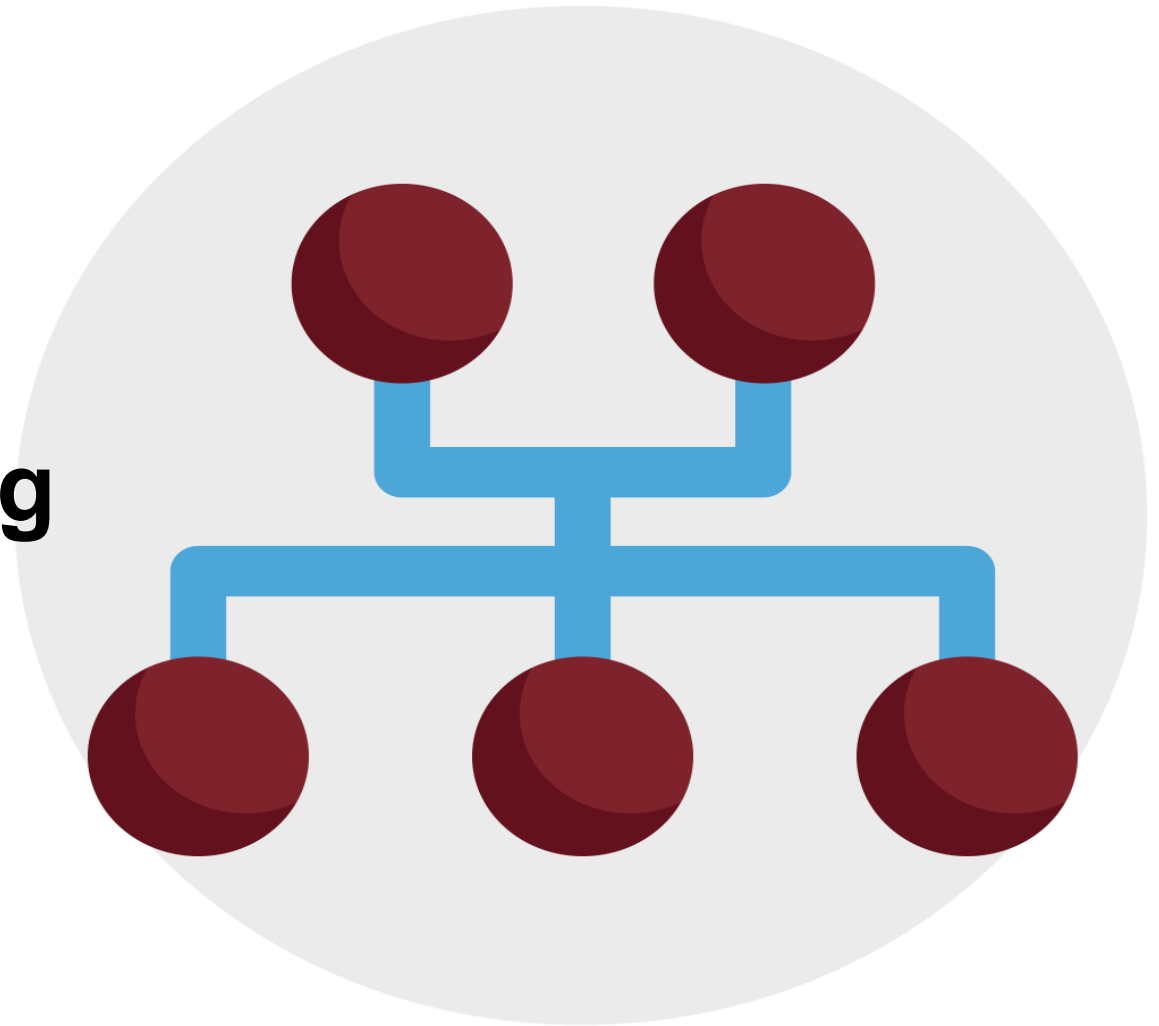


Food Technology
Curriculum Mapping
2021



September 2021- July 2022	Yr7	Yr8	Yr9
KS3 Creative Carousel Food Technology Rotation (12 lessons per rotation)			
Learning	The importance of energy balance and how to maintain a healthy weight throughout life. practical skills and food safety and hygiene processes, including personal hygiene .	Research strategies for food, including those from industrial practice, for example the study of different cultures, lifestyle and dietary analysis to understand consumer needs. Examine where and how a variety of ingredients are grown, reared, caught, and processed, and consider sustainability and the impact of different choices on the environment	Analyse the work of past and present food professionals to develop and broaden their understanding and experience of cooking and nutrition Taste, evaluate and refine their ideas and dishes against specified needs, taking into account the views and requirements of the intended consumer (including sensory and dietary analysis)
Concepts	Effective systems for getting pupils ready to cook, increasing their independence and decision-making skills; Ensuring safe and successful dishes for all pupils, and differentiation and individual progress	How and why food is cooked and the functional properties of ingredients, to build up scientific understanding that underpins key food preparation and cooking processes safe use of high, medium and low risk ingredients and equipment in the classroom	Allow pupils choice and personalisation of cooking activities, encouraging independence and decision-making skills appropriate selection of ingredients and equipment for ability.
What is needed to MASTER the knowledge	Demonstrate how to make informed choices to achieve a healthy , balanced diet (such as by using food labels, ingredients lists, nutrition information and health claims) Demonstrate and apply the principles of cleaning, preventing cross contamination , safe storage of food including chilling, cooking food thoroughly and reheating food until it is steaming hot. Recognise common allergens and demonstrate how to take preventative measures to reduce the risk of contamination and allergic reaction. Understand the importance of good food safety and hygiene including knowing how to get ready to cook (such as having hair tied back, removing jewellery and nail varnish, thoroughly washing and drying hands before and after handling food, and wearing a clean apron)	Recognise the wide range of factors involved in food and drink choice, including influences such as preference, ethical belief, availability, season, need, cost, packaging, food provenance, culture, religion, allergy/intolerance, advertising, body image and peer pressure. Explain how taste receptors and the olfactory system work and how sensory perception guides the choices that people make. Set up sensory panels to analyse and evaluate food	Describe how preparation and cooking affects the sensory and nutritional properties of the ingredients. Apply food safety information on food labels when buying, storing and consuming food and drink. Describe food poisoning and its symptoms and undertake preventative measures to reduce the risk of illness through bacterial contamination and multiplication;
Common Misconceptions	That healthy food is low-fat food - and vice versa - but this is actually not a valid equation. Firstly, many low fat foods are not actually all that healthy. Many ready-meals, yogurts and snacks for example, are advertised as low-fat, but that by no means makes them healthy if they are instead full of salt, additives and sugar. Potatoes - in any form - are not the best choice of vegetable. While potatoes are still a good source of fibre, B vitamins and potassium , they are classified as a starchy food - or carbohydrate - rather than a vegetable. To increase your portions of veg, try replacing your baked potato with a sweet potato now and then, or mash a parsnip, sweet potato or swede in to your usual potato mash.	All fats are not the same, and some are actually very healthy. Monounsaturated fats, found in avocados, olive oil and nuts, can actually help weight loss, as well as keeping your heart healthy and lowering cholesterol . When comparing foods, it is important therefore to consider the type of fat in your foods - and also the food's nutritional value - as well as quantities of fat. While eating whole fresh fruit is a great way to fill up and get healthy, fruit juice, dried fruit, frozen fruit and tinned fruit also count towards your recommended portions. Not only that but many fruit-based desserts - such as apple pie, fruit crumble and fruitcake - count too. Although they may not be as great for your waistline or general health, provided they contain a decent amount of fruit they will still count toward your recommended daily intake.	Just as a low-fat label does not automatically signal a healthy snack, neither does an "organic" or "natural" one. Although organic foods may be healthier than non-organic versions of the same snack, being organic or natural does not exclude foods from being loaded with salt, sugar or saturated fats. people simply crave the foods that they are most exposed to and familiar with, which is demonstrated by the fact that most people crave sugary, salty and fatty foods. Your body and mind will only crave the foods they remember, meaning that eating a healthy, balanced diet - with a little of what you fancy - should help to reduce those junk food cravings.