Learning Journey Map For Food Technology



Practical lesson – Independent Adaption of recipe Safe working practices Independently working Hob/cooker skills Temperature control Hygiene

Evaluation and Adapting Food for Festivals Evaluation of the food and own performance Adaptions identified and described in detail for use in 2nd attempt Practical lesson based on evaluation of previous methods

Food For festivals – Planning To include; Ingredients Detailed method (skills demonstrated and timings) Packaging design and functionality

Food For Festivals - Independent project Specification given to students Students to produce initial ideas based around specification

World Cultures; Mexican Marvel Practical lesson making chicken fajitas Skills Demonstrated; Safety in the kitchen Safe knife skills Hob skills Meat safety (cross-contamination & cooking)

Review of learning from year 7 & 8 Hygiene Safety in the kitchen Using the oven and oven safety Knife safety

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Research and Ingredients in Food technology. New Learning; Nutrients and vitamins

Fruit and veg

Food Packaging; (different packaging needed from a wide variety of different foods and snacks) Introduction into traffic light system Making healthy swaps (analysis of nutritional information to help decision making)

Exploring energy;

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- To define energy and explain why it is needed. -
- To identify sources of energy in the diet.
- To understand how energy needs change throughout life. -
- To understand the energy needs of different levels of physical activity.
- To define energy balance and understand the consequences of imbalance

Practical Lesson – Ready, Steady, Cook Challenge Students have 1 hour to produce a savoury product of their own choice and planning

Evaluation

Review the project with the pupils. Class discussion with all the completed projects on view. Good examples and why. What improvements could others have made?

Introduction to the 'Ready, Steady, Cook Challenge" List of ingredients given Initial ideas produced (using recipe books) Details of any adaptions needed and discussed with teacher Idea finalised

Practical lesson – Puff pastry pin wheels Skills demonstrated; Preparing, rolling, shaping and finishing of pastry Safe hygiene in cooking Safe working practices in the kitchen Knife skills (Claw and bridge) Temperature control Choice of utensils

Carbohydrates and Fibre in the diet -Stater completed on what they already know from year 7 about carbohydrates Sources, types and functions of carbohydrates in the diet Sources and functions of fibre in the diet Explain the recommendations for carbs and fibre in the diet

Review their consumption of carbs and fibre through food diary

Sensory analysis and evaluation of improvements completed in the lesson.

Practical lesson – Macaroni Cheese Skills to be demonstrated Safe hygiene in cooking Safe working practices in the kitchen Knife skills (Claw and bridge) Temperature control Choice of utensils

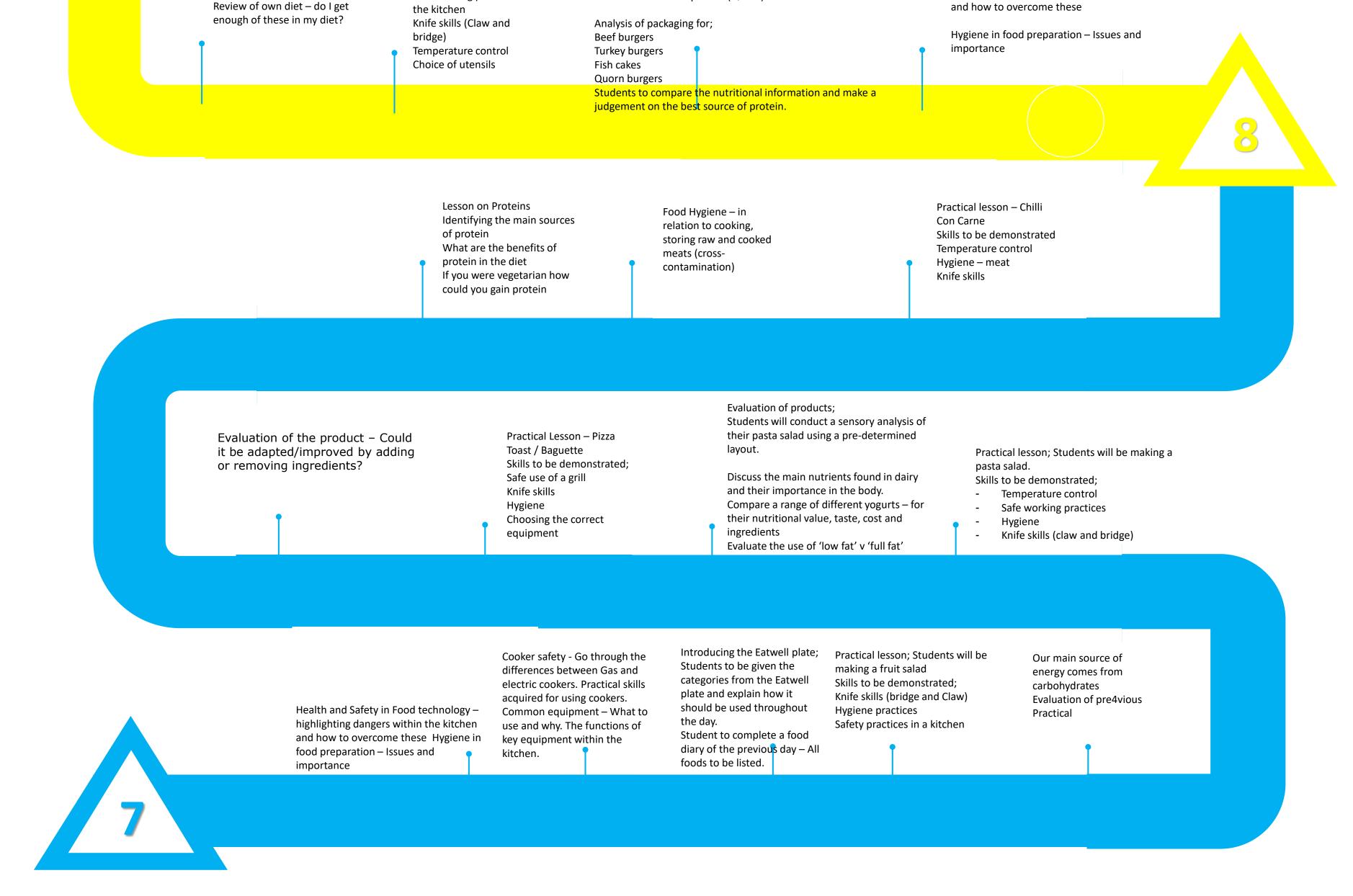
Minerals in the diet What Calcium, Iron and Sodium are What foods can they be found in Functions of these minerals in the diet

Practical lesson – Turkey burgers Skills to be demonstrated Safe hygiene in cooking Safe working practices in

Types and Functions of Proteins - (Computer room needed to run a nutritional investigation)

Review where proteins come from Function of protein in the diet Alternative forms of protein (Quorn)

Health and Safety in Food technology highlighting dangers within the kitchen and how to overcome these







Achieving dreams

OUR CORE VIRTUES



Serving others

Awakening minds