

Food Technology

KS3 Curriculum

What does this course involve at Key Stage 3?

Students at Southchurch High School study Food through a design and make process as part of the Design and Technology National Curriculum. During Key stage 3 students learn to make a variety of savoury and sweet dishes. They develop essential knife skills which enable them to prepare fruit, vegetables and meat safely and hygienically. Students also learn how to operate the hob and oven safely and effectively to produce good quality dishes. Students are encouraged to adapt existing recipes which enable them to create new and imaginative products while considering nutrition, sustainability, cost and dietary needs. Students are taught Food & Nutrition for one term in Years 7 and 8.

What do you need to be successful in this course?

To be successful in this course students will apply hygiene and safety rules when working with food. Students will know how to weigh and measure ingredients, and how to use the cooker and other equipment and materials to the best of their advantage. Students will enjoy the creative and practical process of designing, planning and cooking a range of food that shows an awareness of diet and nutrition

Year 7	<p>In year 7 students are equipped with basic skills which they will use throughout Key Stage 3. These involve:</p> <ul style="list-style-type: none">• Food hygiene and safety in the kitchen• Diet and nutrition• Practical cooking skills• Knife skills• Safe use of the hob and oven• Weighing and measuring ingredients• Adapting an existing recipe• Buying and storing food• Year 7 practical lessons include making Pizza Toast, Spaghetti Bolognese, Flapjacks, Scones and Chicken Chow Mein
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Year 8	<p>In Year 8 students continue to build on skills covered in Year 7 with a stronger emphasis on adapting recipes and producing a range of savoury and sweet dishes to a good standard. Students also start to look at Multi Cultural food and the origins of the food and also start to look at the Hospitality and Catering industry so they have an insight of the trade and how it works. The key concepts covered in Year 8 are:</p> <ul style="list-style-type: none">• Diet and nutrition• Food labelling• Special diets• Adapting an existing recipe• Practical cooking skills• Functions of ingredients• Foods from around the world• Introduction to Hospitality and Catering
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Year 8 practical lessons include making Couscous salad, Raspberry and Coconut sponge, Fajitas, Mexican Chili, Pizza and Thai Curry.

KS4 Curriculum

WJEC HOSPITALITY AND CATERING Level 1/2

Years 9,
10 &
11

The WJEC Level 1/2 Vocational Award in Hospitality and Catering is made up of two mandatory units:

- Unit 1: The Hospitality and Catering Industry
- Unit 2: Hospitality and Catering in Action

Students must complete both units.

