

# 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.

### 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

KS3:  
Year 7,  
8 & 9

In year 7 students are equipped with basic skills which they will use throughout Key Stage 3.

These involve:

- 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

In Year 8 and 9 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 are:

- 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

## KS4 Curriculum

### WJEC HOSPITALITY AND CATERING Level 1/2

Years 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 to pass.

As part of this course students will learn real world practical culinary skills that are applicable to the hospitality sector. Students will need to demonstrate both a practical competency and theoretical knowledge to enable them to plan and prepare dishes using a range of techniques. Students will learn to work in a high pressure environment and will develop teamworking and independence skills.

Course Breakdown:

- Unit 1: The Hospitality and Catering Industry
  - 1.1.1 Hospitality and catering providers
  - 1.1.2 Working in the hospitality and catering industry
  - 1.1.3 Working conditions in the hospitality and catering industry
  - 1.1.4 Contributing factors to the success of hospitality and catering provision
  - 1.2.1 The operation of the front and back of house
  - 1.2.2 Customer requirements in hospitality and catering
  - 1.2.3 Hospitality and catering provision to meet specific requirements
  - 1.3.1 Health and safety in hospitality and catering provision
  - 1.3.2 Food Safety
  - 1.4.1 Food related causes of ill health
  - 1.4.2 Symptoms and signs of food-induced ill health
  - 1.4.3 Preventative control measures of food-induced ill health
  - 1.4.4 The Environmental Health Officer (EHO)
- Unit 2: Hospitality and Catering in Action
  - 2.1.1 Understanding the importance of nutrition
  - 2.1.2 How cooking methods can impact on nutritional value
  - 2.2.1 Factors affecting menu planning
  - 2.2.2 How to plan production
  - 2.3.1 How to prepare and make dishes
  - 2.3.2 Presentation techniques
  - 2.3.3 Food safety practices
  - 2.4.1 Reviewing of dishes
  - 2.4.2 Reviewing own performance

