

Key Stage 3 Curriculum Progress Map: Year 7 Food Technology

TOPIC TITLES		THE BASICS		FRUIT AND VEGETABLES PART 1		FRUIT AND VEGETABLES PART 2		RICE		PASTA AND POTATOES		BREAD AND GRAINS PART 1	
Objectives (the things we want pupils to make progress in)		To understand food hygiene, food safety and food spoilage. To learn about types of fruits and develop knife skills.		To learn about the importance of the Eatwell Guide. To learn about different types, structure and the effects of cooking apples.		To learn about different types of vegetable cuts. To learn about the effects of processing vegetables on their structure, taste and appearance.		To learn about different types of rice and rice dishes. To understand the term staple foods. To identify starchy foods on the Eatwell Guide.		To learn about different types of pasta shapes. To learn about dishes that can be made using pasta and/or potatoes. To learn how to cook pasta al dente.		To learn about different types of grains. To understand the role of ingredients in break making. To understand the terms fermentation and conditions yeast need to develop CO ₂ .	
		KNOWLEDGE AND UNDERSTANDING	TECHNICAL SKILLS	KNOWLEDGE AND UNDERSTANDING	TECHNICAL SKILLS	KNOWLEDGE AND UNDERSTANDING	TECHNICAL SKILLS	KNOWLEDGE AND UNDERSTANDING	TECHNICAL SKILLS	KNOWLEDGE AND UNDERSTANDING	TECHNICAL SKILLS	KNOWLEDGE AND UNDERSTANDING	TECHNICAL SKILLS
ASSESSMENT CRITERIA	STAGE 4 (GCSE 7-9)	Conduct an experiment on hand washing. Be able to write a hypothesis. Identify conditions needed for bacterial growth. Suggest ways to prevent food spoilage. Understand the term micronutrients and the effects on the body. Be able to explain oxidation.	FRUIT SALAD PRACTICAL: All pupils to be able to demonstrate: 1. Knife skills. 2. Prepare fruits. 3. Weight and measure. 4. Garnish and excellent presentation of final dish.	Be able to write a hypothesis and give reasons why. Explain how stewing apples affects their texture and the science behind the experiment. Explain how apples are harvested and how to grow varieties of apples.	APPLE CRUMBLE PRACTICAL: All pupils to be able to demonstrate: 1. Knife skills. 2. Prepare fruits. 3. Use water based cooking method stewing. 4. Use the hob. 5. Make a crumble topping.	Explain the nutrients provided by vegetables and their functions. Conduct an experiment focusing on the structure of vegetables after processing. Write a detailed conclusion and results. Identify vegetable cuts and show case knife skills. Include one vegetable cut into salad jar design.	SALAD IN A JAR PRACTICAL: All pupils to be able to demonstrate: 1. Knife skills. 2. Prepare vegetables. 3. Seasoning. 4. Garnish and excellent presentation of final dish.	Explain the function of carbohydrates on the body. Explain how rice is grown in paddy fields. Explain the technique used to harvest rice. Understand how rice is milled. Explain the term staple foods.	RISOTTO AND EGG FRIED RICE PRACTICAL: All pupils to be able to demonstrate: 1. Knife skills. 2. Prepare vegetables. 3. Weigh and measure. 4. Use water based method boiling and simmering. 5. Use dry heat based method dry frying and stir-frying. 6. Use the hob. 7. Make a sauce. 8. Seasoning.	List the nutrients provided by pasta and explain their function on the body. Produce a flowchart to show how pasta is manufactured. Produce an information sheet on Italian cuisine. Produce an historical timeline on how pasta has evolved over time.	TUNA PASTA BAKE AND SPAGHETTI BOLOGNESE PRACTICAL: All pupils to be able to demonstrate: 1. Knife skills. 2. Prepare vegetables. 3. Weigh and measure. 4. Use water based method boiling and simmering. 5. Use dry heat based method dry frying. 6. Use the hob. 7. Make a stock. 8. Make a sauce. 9. Use the grill. 10. Seasoning.	Be able to explain the term fibre and its function. Explain how fibre is needed for the digestive system. Explain the terms fermentation and proving. Be able to name two gases produce by yeast during fermentation. Understand the role of each ingredient in bread making.	GRANOLA BARS PRACTICAL: All pupils to be able to demonstrate: 1. Knife skills. 2. Weigh and measure. 3. Use dry heat based method melting. 4. Combine ingredients. 5. Use the hob. 6. Use the oven. 7. Test for readiness.
	STAGE 3 (GCSE 5-6)	Produce a detailed set of results and conclusion on hand washing. Identify the main types of food poisoning bacteria. Conduct an experiment on enzymic browning. Explain the term enzymic browning and ways to prevent this.		Conduct an experiment on the effects of stewing on apples. Write a detailed conclusion and explain the results of the experiment. Explain the lifecycle of an apple. Produce a flow chart to show how biscuits are manufactured.	SHORTBREAD BISCUITS PRACTICAL: All pupils to be able to demonstrate: 1. Prepare equipment and line a baking tray. 2. Use an oven. 3. Make dough. 4. Shape and finish dough. 5. Test for readiness.	Identify the different types of vegetable categories and give examples. Conduct an experiment to look at the structure of different vegetables when cut. Be able to write a conclusion and set of results. Design a salad jar recipe and show case one vegetable cut.	CHICKEN AND VEGETABLE FAJITAS PRACTICAL: All pupils to be able to demonstrate: 1. Knife skills. 2. Prepare vegetables. 3. Use dry heat method stir-frying. 4. Use the hob. 5. Seasoning.	List foods referred to as starch carbohydrates. Develop a new rice dish and produce a detailed recipe to follow. Suggest ingredients that can be added to a risotto. List the main staple foods eaten as part of people's diets.		Complete a missing factsheet on pasta and ingredients used to colour pasta. List ingredients that could be used in a pasta dish. Design a three-course meal based on Italian cuisine. Develop a new pasta dish using a new pasta shape.	Identify the main types of grains. Understand why we need fibre in the diet. Conduct an experiment using yeast and explain the role of yeast. List the three types of yeast. Be able to list the conditions needed for yeast to develop CO ₂ .	BREAD ROLLS PRACTICAL: All pupils to be able to demonstrate: 1. Weigh and measure. 2. Combine ingredients. 3. Use the oven. 4. Use raising agent yeast. 5. Make a dough. 6. Shape and finish a dough. 7. Test for readiness.	
	STAGE 2 (GCSE 3-4)	Be able to identify hazards in the kitchen and suggest ways to prevent this. Explain the term personal hygiene and give examples when cooking. Understand the importance of washing up correctly. Explain how soft and hard fruits are grown.		Identify foods that belong to each section of the Eatwell Guide. Amend an apple crumble recipe to incorporate a variety of fruits. Identify parts of the structure of an apple. Produce a Christmas advertisement for a festive menu.		Explain how to correctly store and buy vegetables. Explain the term stir-frying and how vegetables are cooked in a wok. List three or more traditional Chinese dishes. Be able to explain how to stir fry a Chow Mein recipe and produce a flowchart.		Suggest ways to increase starchy foods in the diet. Explain what rice is? Identify part of the rice grain. Design a piece of packaging for egg fried rice.		Identify 3 or more types of pasta shapes. Develop a pasta bake recipe incorporating a variety of ingredients. Design a new pasta shape that could be used as part of a recipe.	Produce a flowchart to show how grains are grown, harvested and milled into flour. Suggest three or more ways to increase fibre in the diet. Use descriptive words to explain the taste, texture and appearance of a range of breads.		
	STAGE 1 (GCSE 1-2)	Use descriptive words to explain the flavour, texture and appearance of fruits. Be able to list requirements for personal hygiene when cooking. Can correctly identify where food should be stored in a refrigerator or cupboard.		Complete a quiz on healthy eating. Produce two detailed biscuit designs. Design a traditional Christmas dinner. Produce a Christmas menu for a restaurant.		Draw vegetables that can be grown above or below the ground. List vegetable dishes that can be eaten from around the world. Suggest vegetables that can be added to a stir-fry. Produce a detailed design of chosen salad jar recipe.		Identify the main three categories of rice. Explain how to boil rice. Suggest three or more dishes made using rice or served with rice. Produced a poster on staple foods.		Design four cold pasta dishes. Identify ingredients that can be added to a pasta bake. Produce a poster on potatoes and the different varieties.	List ingredients that can be added to granola bars. Produce a poster on types of oats and dishes. Produce a comic strip to show the history of bread. Design four bread roll shapes with a variety of toppings.		