

## Key Stage 3 Curriculum Progress Map: Year 8 Food Technology

TOPIC TITLES		BREAD AND GRAINS PART 2		FAT AND SUGAR PART 1		FAT AND SUGAR PART 2		MILK AND DAIRY PRODUCTS		MEAT, POULTRY AND FISH		EGGS AND ALTERNATIVE PROTEINS	
Objectives (the things we want pupils to make progress in)		To learn about the different types of sweet breads. To learn about input, process and outputs of a bread manufacturing. To learn about raising agents used in bread making.		To learn about the different types of sugar. To understand the health effects of eating too much sugar and suggest ways to prevent this. To learn how to ice and decorate a selection of cakes.		To learn about the role of fat in the diet and issues with eating too much fat. To suggest ways to reduce fat in the diet. To understand how fat can be used to make other products such as a pastry.		To learn about the types of milk and dairy products. Understand the term homogenisation and pasteurisation.		To learn about the different types of meat, poultry and fish. To learn about Indian and Mexican cuisine.		To learn about the structure of eggs and their functional properties. To learn about different types of alternative proteins.	
		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)	Understand how raising agents can be used in bread making. Explain how bicarbonate of soda produces CO <sub>2</sub> . Produce a flowchart to explain the input, process and output of manufacturing bread. Identify the bread making stages used in a Warburton's factory.	<b>SCONES AND PIZZA PRACTICAL:</b> All pupils to be able to demonstrate: 1. <b>Knife skills.</b> 2. <b>Prepare vegetables.</b> 3. <b>Combine and shape.</b> 4. <b>Weigh and measure.</b> 5. <b>Grease a baking tray.</b> 6. <b>Use the oven.</b> 7. <b>Use a raising agent.</b> 8. <b>Make a dough.</b> 9. <b>Shape and finishing a dough.</b> 10. <b>Test for readiness.</b>	Explain the terms intrinsic and extrinsic sugars and give examples. Explain the health issues with eating too much sugar in the diet. Explain the term tooth decay. Give suggestions to prevent tooth decay and low sugar substitute foods.	<b>LAMINGTONS PRACTICAL:</b> All pupils to be able to demonstrate: 1. <b>Combine and shape.</b> 2. <b>Weigh and measure.</b> 3. <b>Use the oven.</b> 4. <b>Line a bun tray.</b> 5. <b>Use of raising agents.</b> 6. <b>Test for readiness.</b>  <b>CHOCOLATE LOG PRACTICAL:</b> All pupils to be able to demonstrate: 1. <b>Combine and shape.</b> 2. <b>Presentation and food styling.</b>	Explain the why we need to have fat in the diet. Explain the function of fat. Understand the term unsaturated and saturated fats and give examples. Explain the health issues associated with too much fat in the diet. Identify one or more functional properties of fats and oils.	<b>PIE AND SAUSAGE ROLLS PRACTICAL:</b> All pupils to be able to demonstrate: 1. <b>Knife skills.</b> 2. <b>Prepare vegetables.</b> 3. <b>Combine and shape.</b> 4. <b>Weigh and measure.</b> 5. <b>Grease a baking tray.</b> 6. <b>Line a pie tray.</b> 7. <b>Dry heat based method dry frying.</b> 8. <b>Use the hob.</b> 9. <b>Use the oven.</b> 10. <b>Make a dough.</b> 11. <b>Shape and finishing a dough.</b> 12. <b>Test for readiness.</b> 13. <b>Presentation and food styling.</b>	Explain the nutrients provided by milk and cheese and their functions. Understand the term homogenisation and how this increases shelf life. Identify different cheeses from around the world and plot them on a map.	<b>CHEESECAKE PRACTICAL:</b> All pupils to be able to demonstrate: 1. <b>Knife skills.</b> 2. <b>Prepare fruits.</b> 3. <b>Combine ingredients.</b> 4. <b>Weigh and measure.</b> 5. <b>Use of hob.</b> 6. <b>Dry heat based method melting.</b> 7. <b>Garnish and food styling.</b>  <b>MACARONI AND CHEESE PRACTICAL:</b> All pupils to be able to demonstrate: 1. <b>Weigh and measure.</b> 2. <b>Use the hob.</b> 3. <b>Dry heat based method melting.</b> 4. <b>Use the grill.</b> 5. <b>Make sauces.</b> 6. <b>Seasoning.</b>	Explain the nutrients provided by meat, poultry and fish and explain their functions. Understand the term amino acids. Identify the different types of intensive farming of chickens. Research the origins of Mexican cuisine. Explain how to buy fish safely.	<b>CHICKEN CURRY AND CHILLI CON CARNE PRACTICAL:</b> All pupils to be able to demonstrate: 1. <b>Knife skills.</b> 2. <b>Prepare vegetables.</b> 3. <b>Weigh and measure.</b> 4. <b>Use the hob.</b> 5. <b>Dry heat based method shallow frying.</b> 6. <b>Make sauces.</b> 7. <b>Seasoning.</b>	Explain the difference between a food intolerance and food allergy. Understand the functional properties of eggs and their uses. List the nutrients provided by eggs and explain their function. Understand the terms mycoprotein and TVP.	<b>ROCK BUNS AND SPICY BEAN BURGERS PRACTICAL:</b> All pupils to be able to demonstrate: 1. <b>Knife skills.</b> 2. <b>Prepare vegetables.</b> 3. <b>Combine ingredients.</b> 4. <b>Line a baking tray.</b> 5. <b>Use the oven.</b> 6. <b>Use the hob.</b> 7. <b>Dry heat based method shallow frying.</b> 8. <b>Set a mixture using eggs.</b> 9. <b>Use of raising agents.</b> 10. <b>Make a dough.</b> 11. <b>Shape and finish a dough.</b> 12. <b>Test for readiness.</b> 13. <b>Seasoning.</b>
	STAGE 3 (GCSE 5-6)	Identify different types of sweet breads. Produce a diagram to show how to make a sourdough starter. Create a fact sheet to explain how bread is used as part of religious festivals.		Explain what sugars are? What does sugar provide the body with? Identify the four main cake-making methods and give suggestions of cakes and biscuits made using these methods.		Identify fats and oils eaten on the Eatwell Guide. Suggest alternative foods swaps to reduce fat in the diet. Explain fat can be used in cooking. Design and develop a new pastry to be sold at a party.		Suggest ways to reduce the saturated fat content of milk and dairy products in the diet. List three or more alternative milk products. Explain the term pasteurisation and draw a diagram to show how milk is pasteurised.		Match up the different cuts of meat. List all main types of poultry and give examples. Produce a detailed curry recipe. Identify traditional dishes and ingredient eaten in India. Produce a mood board of Mexican dishes.		Identify the foods that belong to this category on the Eatwell Guide. Identify the structure of meat. Understand the welfare concerns of intensive farming of chickens. Identify the different categories of fish and give examples.	
	STAGE 2 (GCSE 3-4)	Identify traditional British desserts. Match the stages of how to make pitta bread. Produce a detailed pizza recipe. Research the origins of pizza and complete a question sheet.		Identify three or more types of sugar. Produce a mood board on Australian cuisine. Identify traditional Australian foods eaten within the country. Produce an A3 fact sheet on traditional Christmas desserts and treats.		Give examples of visible and invisible fats. Produce a detailed pie recipe. Identify three or more types of pastry shapes. Understand the difference between making shortcrust, puff and hot water pastry.		List the types of milk and dairy products that belong to this category on the Eatwell Guide. List foods made using milk. Design a cheesecake recipe. List the main types of cream. Research how milk is packaged.		Match up the different cuts of meat. List all main types of poultry and give examples. Produce a detailed curry recipe. Identify traditional dishes and ingredient eaten in India. Produce a mood board of Mexican dishes.		Match up the different types of eggs. Explain how to store eggs correctly. Produce a rock buns recipe. Design a piece of packaging for rock buns. Design two dishes suitable for a lacto-ovo vegetarian or vegan. Amend recipes to meet the needs of religious dietary requirements.	
	STAGE 1 (GCSE 1-2)	Design a selection of dishes that can be served at a garden party. Use descriptive words to explain the taste, texture and appearance of a range of sweet breads. Design four pizza ideas. Produce a pizza menu.		Use descriptive words to explain the taste, texture and appearance of a range of cakes. Produce a comic strip to show the stages of how to make a Victoria sponge cake. Design and annotate two chocolate log ideas.		Give examples of different sweet and savoury pie fillings. Produce a detailed pie design idea. List three or more types of pastry and give examples. Produce an information sheet on ways to reduce fat in the diet using Change for Life.		Identify four main types of milk. Design a milk based menu. Suggest a selection of toppings that can be added to a cheesecake. Produce a detailed and annotated design of a cheesecake.		Suggest ingredients that can be added to a curry. Produce a detailed and annotated design of a chicken curry. Produce an Indian menu including starters, mains, desserts and accompaniments.		Produce four rock bun designs. Design an advert for a bake sale of products made using eggs. Design two dishes that can be made using alternative proteins.	