

Food Technology Year 7 - Lets Cook It Please note Food Technology lessons are once a fortnight - 18 lessons a year		
Term	Topic	Homework Tasks
Autumn Term 1 (4 lessons)	Introduction to Hygiene & safety Basic Kitchen equipment Fruit & Vegetables <i>Practical sessions -</i> <i>Cous cous salad</i> <i>Fruit tasting</i> <i>Fruit Salad</i>	Practice the washing up Evaluation of fruit salad Ibook evaluations Ingredients for practical sessions
Autumn term 2 (3 lessons)	Use of the hob & grill Protein foods Weighing & measuring <i>Practical Sessions:</i> <i>croque-monsieur</i> <i>Fruit crumble</i>	Making my croque-monsieur healthier Ingredients for practical sessions
Spring term 1 (3 lessons)	Use of the oven High fibre The Eatwell plate <i>Practical sessions:</i> <i>Abbey biscuits</i> <i>Spanish omelette</i>	Eatwell plate Ibook evaluations Ingredients for practical sessions
Spring Term 2 (3 lessons)	Meals for lunch Food choice and energy balance <i>Practical sessions</i> <i>Savoury Rice</i> <i>Deli Wrap</i>	Ibook evaluations Ingredients for practical sessions
Summer Term 1 (2 lessons)	Understanding food labeling <i>Practical sessions</i> <i>Soup making</i>	Ingredients for practical sessions Ibook evaluation
Summer Term 2 (3 lessons)	Industrial food production Muffin making <i>Practical Sessions</i> <i>Muffins</i> <i>Fruity cup cakes</i>	Research Ibook evaluation Send Ibook to teacher Ingredients for practical sessions

Food Technology**Year 8 - Healthy Eating**

Please note Food Technology lessons are once a fortnight - 18 lessons a year

Term	Topic	Homework Tasks
Autumn Term 1 (4 lessons)	Healthy eating Hygiene & safety Reducing sugar <i>Practical sessions:</i> <i>Rock cakes</i> <i>Cake experiment</i> <i>Banana cakes</i>	Mood board Eatwell plate Make a pledge Ipad evaluations Ingredients for practical sessions
Autumn term 2 (3 lessons)	Healthy Eating: Complex carbohydrates - Pasta <i>Practical sessions-</i> <i>Practical pasta salad</i> <i>Practical pasta bake</i>	Pasta questions Ipad evaluations Ingredients for practical sessions
Spring term 1 (3 lessons)	Healthy eating: Industrial context Carbohydrates - Scones & bread making. Raising agents <i>Practical sessions:</i> <i>Practical scones</i> <i>Practical bread</i>	Ipad research IPad evaluation Ingredients for practical sessions
Spring Term 2 (3 lessons)	Factors affecting food choice The School Food Plan <i>Practical sessions-</i> <i>Pizza tasting</i> <i>Pizza</i>	Pizza for different needs sheet Ipad evaluation Ingredients for practical sessions
Summer Term 1 (2 lessons)	Protein in the diet <i>Practical sessions-</i> <i>Fajitas</i>	Ingredients for practical session
Summer Term 2 (3 lessons)	Review of the learning journey Designing & Planning Practical session- Healthy flapjacks	Send ibook to teacher Ingredients for practical sessions

Food Technology**Year 9 - Multi Cultural Foods**

Please note Food Technology lessons are once a fortnight - 18 lessons a year

Term	Topic	Homework Tasks
Autumn Term 1 (4 lessons)	Introduction Proteins Product development of healthy burgers <i>Practical sessions-</i> <i>Burger tasting & Burger Prototype</i> <i>Final burger</i>	Research Ingredients for practical session
Autumn term 2 (3 lessons)	Gelatinisation Cooking Rice <i>Practical Sessions:</i> <i>Sweet & Sour</i> <i>Risotto</i>	Evaluation Ingredients for practical sessions
Spring term 1 (3 lessons)	Food Origin choice & labeling <i>Practical sessions:</i> <i>Curry dish</i> <i>Mince dish</i>	Special dietary needs sheet Ingredients for practical sessions
Spring Term 2 (3 lessons)	Chilled desserts Functions of ingredients Planning & designing <i>Practical sessions:</i> <i>Chilled dessert</i>	Ingredients for practical sessions
Summer Term 1 (2 lessons)	Pastry making Rubbing in method <i>Practical Sessions:</i> <i>Pastry experiment - jam tarts</i> <i>Savory pastry product</i>	Ingredients for practical sessions
Summer Term 2 (3 lessons)	Creaming method Assessed design project - planning & making a main course and dessert dish of own choice <i>Practical Sessions:</i> <i>Fruit based cake</i> <i>Own choice main dish</i> <i>Own Choice dessert dish</i> <i>Crepes</i>	Research & planning Ingredients for practical sessions

