

Curriculum Overview for KS3 Traded Food Technology

Autumn Term 1

	Introduction into Food Technology						
Subject Content	Pasta or Noodle Salad	Pasta and Homemade Sauce	Garlic dough balls.	Proper pizza.	Knowledge of and presentation of salad.	Egg fried noodles.	Sweet and sour chicken.
Key Knowledge	The bridge and claw techniques The difference between simple and complex carbohydrates	The bridge and claw techniques The difference between homemade and processed sauces	What makes bread rise? The role of gluten in bread.	The difference between fresh and bought pizza (additives etc)	Impact of presentation when preparing food (height, colour etc)	Difference between fresh and bought stir fry sauce (processed ingredients)	Difference between fresh and takeaway meals (processed ingredients)
Key Skills	Prepare a range of fruit and vegetables by dicing, slicing and ribboning	Dice an onion finely and create a homemade sauce	Make an identical batch of dough balls. Make a flavoured butter.	Make a pizza dough. Practice knife skills. Practice shaping and rolling.	Prepare a range of fruit and vegetables by dicing, slicing and ribboning.	Dice, slice and ribbon arrange of vegetables.	Dice, slice and ribbon arrange of vegetables. Prepare and cook chicken safely.

Autumn Term 2							
Introduction into Food Technology							
Subject Content	Pita bread and tzatsiki.	Meatballs and pasta.	Apple pie samosas.	Pasties.	Knowledge Quiz and repeat a lesson.	Chicken kebabs and flatbreads - final assessment.	Winter themed biscuits.
Key Knowledge	The role of yeast in bread making. How yogurt and fresh herbs can help our digestion.	The impact of eating meat on the environment. How bacteria can cross between foods.	What seasonality means. How to preserve fruit?	How migration can affect food culture. The role of shortening when making pastry.	Show improvement in food knowledge. How to improve the finer details of a dish.	How to make multiple elements at once. How to avoid food poisoning.	The origins of celebration biscuits. The function of ingredients and biscuits.
Key Skills	Prepare a sauce using fresh herbs. Roll out and cook a batch of pita bread.	Practice how to dice an onion finely and create a homemade sauce. Make and cook	Make a healthy, sweet snack. Use pastry to encase a filling. Stew	Make a Short crust pastry. Roll, shape and crimp a pastry.	Improve a product by considering individual skills. To master savoury	Practice the preparation of cooking meat. Practice rolling. Shaping and	Make a basic biscuit dough. Decorate a product to fit a theme.

		meatballs safely.	fruit to preserve it.		cooking skills.	cooking bread.	
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Spring Term 1						
Subject Content	Research and taste test Street Foods.	Banh Mi	Tacos.	Sliders.	Chicken tikka and onion baji.	Make a street food idea.
Key Knowledge	To know what street foods are and why they are so popular across the world. Explore different senses when we taste food.	To know what fusion foods are and how food migration has changed the way in which we eat.	To know how St. foods can be part of a healthy diet and how to make a healthy snack.	To know how meat production can affect the world.	to know why Indian food such a large part of UK food culture is and how spices can help our mind and body.	Follow a basic time plan. Self-managed time when preparing food.

Key Skills	Conduct sensory analysis of street foods. Suggest adaptations for products.	Make a shaped baguette and make a fragrant frilling for the baguette.	Design their own version of street food and make their own Taco from scratch.	Make and cook a batch of meat patties safely. Make a batch of burger buns.	Marinade and cooked chicken. Make an oven baked bhaji.	Make a product independently using skills previously taught.
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Spring Term 2						
	Breakfast.					
Subject Content	Potato rosti and ketchup.	Crumpets and scrambled egg.	Homemade baked beans.	Shakshuka	Granola bars.	Full English.
Key Knowledge	To know how breakfast affects your concentration and mood.	To know the different parts of an egg and its nutrients.	To know where baked beans originate from. To know what fibre is and	To know what other cultures have for breakfast. To know why a bigger	To know how much sugar is in breakfast bars and how dried fruit helps	To know how a full English contains all the nutrients you need.

			its role in digestion.	breakfast might be better for you.	our digestion.	To know how grilling is a healthy cooking method.
Key Skills	Make a homemade condiment. Great and shape potato to make a rosti.	Make a batch of crumpets. Make scrambled eggs.	Make baked beans from scratch. Make tortilla wraps.	Learn how to poach eggs and make a flavoured sauce.	Weigh and measure ingredients accurately. Make a batch of baked products.	Demonstrate how to multitask and make multiple elements at once.

Summer Term 1						
Economy Gastronomy.						
Subject Content	Minestrone soup.	Spanish tortilla.	Pasta bake.	Stuffed Peppers.	Potato cakes.	Mojo Chicken.
Key Knowledge	To know how to make soup from leftover ingredients. To know how	To know what a staple food is. To understand the role of	To know how flour can thicken a sauce. To know why	To know how to make a savoury filling using a staple food. To	To know the benefits of eating potatoes and why they are	To know why some parts of the animal are cheaper to buy. To

	to make delicious foods with cheap ingredients.	protein and calcium in our diet.	pasta is such a popular food.	know the origins of cuscus.	such a large part of our diet.	know what a marinade is.
Key Skills	Slice and dice a range of vegetables. Make a fresh soup.	Make a potato omelette. Control the heat of frying pans and grills.	Make a roux sauce. Make a fresh pasta bake.	Cook and flavor couscous. Use heat to alter sensory properties.	Boil and mash potato. To add shape and to add breadcrumbs.	Marinade chicken thighs. Practice knife skills.

Summer Term 2							
Economy Gastronomy - Picnics							
Subject Content	Pizza Pinwheels.	Mini filled bread rolls.	Potato salad.	Sausage rolls.	Scotch eggs.	Summer vegetable tart.	Picnic making.
Key Knowledge	To know why picnic foods are so popular and	To understand how yeast helps bread	To know how to use up leftover potatoes and	To know why pastry needs fat in it. To know why	To know why eggs are such a nutritious food. To	To know how puff pastry rises. To know what	To know how to plan to make two products at

	to understand why food can taste better outside.	rise. To know the qualities of a sandwich filling.	how to flavor them.	vegetarian mince often tastes better.	understand the difference between homemade and factory-made Scotch eggs.	seasonality means.	once. To know how to use time effectively.
Key Skills	Make a batch of a product using their own recipe.	Make a batch of bread rolls. Make a delicious filling.	Make a fresh potato salad.	Make a batch of sausage rolls.	Add breadcrumbs to add texture. Hard boil an egg.	To make a seasonal decorative tart.	Make 2 batches of different products.