

# Alderwood Academy – KS2 Haven Food Technology Programme of Study

KEY STAGE 2: Food Tech – Programme of Study				
Cooking and Nutrition				
<b>Year 3</b>	<ul style="list-style-type: none"> <li>Understand and apply the principles of a healthy and varied diet</li> <li>Select and use appropriate fruit and vegetables, processes and tools</li> <li>Demonstrate hygienic food preparation and storage</li> </ul>			
<b>Year 4</b>	<ul style="list-style-type: none"> <li>Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.</li> </ul>			
<b>Year 5</b>	<ul style="list-style-type: none"> <li>Prepare and cook a variety of dishes using a range of cooking techniques</li> </ul>			
<b>Year 6</b>	<ul style="list-style-type: none"> <li>Weigh and measure accurately (time, dry ingredients, liquids)</li> <li>Apply the rules for basic food hygiene and other safe practices e.g. hazards relating to the use of ovens</li> </ul>			
Subsequent Learning (KS3)	<i>Where food comes from</i>	Year 7	Year 8	Year 9
				<ul style="list-style-type: none"> <li>Know how to compare the cost of food when planning to eat out or cook at home</li> <li>Know about the influence of food marketing, advertising and promotion on their own diet and purchasing behaviour</li> </ul>
	<ul style="list-style-type: none"> <li>Know that food is produced, processed and sold in different ways, e.g. conventional and organic farming, fair trade</li> <li>Know that people choose different types of food and that this may be influenced by availability, season, need, cost, where the food is produced, culture and religion</li> </ul>			
	<i>Food preparation, cooking and nutrition</i>	<ul style="list-style-type: none"> <li>Know the importance of a healthy and varied diet as depicted in The eatwell plate and Eight tips for healthy eating</li> <li>Know that food provides energy and nutrients in different amounts; that they have important functions in the body; and that people require different amounts during their life</li> <li>Know how to taste and cook a broader range of ingredients and healthy recipes, accounting for a range of needs, wants and values</li> <li>Know how to actively minimise food waste such as composting fruit and vegetable peelings and recycling food packaging</li> </ul>		<ul style="list-style-type: none"> <li>Know the importance of energy balance and the implications of dietary excess or deficiency, e.g. malnutrition, maintenance of a healthy weight</li> <li>Know how to use nutrition information and allergy advice panels on food labels to help make informed food choices</li> <li>Know how to use a broader range of preparation techniques and methods when cooking, e.g. stir-frying, steaming, blending</li> <li>Know how to modify recipes and cook dishes that promote current healthy eating messages</li> </ul>

# Alderwood Academy – KS2 Haven Food Technology Programme of Study

		<ul style="list-style-type: none"> <li>Know the principles of cleaning, preventing cross-contamination, chilling, cooking food thoroughly and reheating food until it is steaming hot</li> </ul>
		<ul style="list-style-type: none"> <li>Know how to store, prepare and cook food safely and hygienically</li> <li>Know how to use date-mark and storage instructions when storing and using food and drinks</li> <li>Know how to select and prepare ingredients</li> <li>Know how to use utensils and electrical equipment</li> <li>Know how to apply heat in different ways</li> <li>Know how to use taste, texture and smell to decide how to season dishes and combine ingredients</li> <li>Know how to adapt and use their own recipes</li> <li>Cook a repertoire of predominantly savoury dishes to feed themselves and others a healthy and varied diet</li> </ul>

## KS2 Curriculum Content

Pasta or noodle salad	<b>Know</b> The bridge and claw techniques
	<b>Know</b> The difference between simple and complex carbohydrates
	<b>Do</b> Prepare a range of fruit and vegetables by dicing, slicing and ribboning
Pasta and Homemade sauce	<b>Know</b> The bridge and claw techniques
	The difference between homemade and processed sauces
	<b>Do</b> Dice an onion finely and create a homemade sauce
Garlic Dough balls	<b>Know</b> What makes bread rise
	The role of gluten in bread
	<b>Do</b> Make an identical batch of dough balls
	Make a flavoured butter
Proper Pizza	<b>Know</b> The difference between fresh and bought pizza, i.e. added processed ingredients
	<b>Do</b> Make a pizza dough
	Practice knife skills
	Practice shaping and rolling

# Alderwood Academy – KS2 Haven Food Technology Programme of Study

Knowledge and presentation of salad	<b>Know</b> Impact of presentation when preparing food: height/colour
	<b>Do</b> Prepare a range of fruit and vegetables by dicing, slicing and ribboning
Egg fried noodles	<b>Know</b> The difference between fresh and bought stir-fry sauce, i.e. added processed ingredients
	<b>Do</b> Dice, slice and ribbon a range of vegetables
Sweet and Sour Chicken	<b>Know</b> The difference between fresh and takeaway meals, i.e. added processed ingredients
	<b>Do</b> Dice, slice and ribbon a range of vegetables
	Prepare and cook chicken safely
Pitta Bread and Tzatziki	<b>Know</b> The role of yeast in bread making
	How yoghurt and fresh herbs can help our digestion
	<b>Do</b> Prepare a sauce using fresh herbs.
	Roll out and cook a batch of pitta breads.
Meatballs and Pasta	<b>Know</b> The impact of eating meat on the environment
	How bacteria can cross between foods
	<b>Do</b> Practise how to dice an onion finely and create a homemade sauce.
	Make and cook meatballs safely.
Apple Pie and Samosas	<b>Know</b> What seasonality means
	How to preserve fruit
	<b>Do</b> Make a healthy sweet snack.
	Use pastry to encase a filling.
	Stew fruit to preserve it
Pasties	<b>Know</b> How migration can affect food culture
	The role of shortening when making pastry
	<b>Do</b> Make a shortcrust pastry.
	Roll, shape and crimp a pastry
	<b>Know</b> Show improvement in food knowledge

## Alderwood Academy – KS2 Haven Food Technology Programme of Study

Knowledge quiz, repeat a lesson	How to improve the finer details of a dish
	<b>Do</b> Improve a product by considering individual skills.
	Practice and master savoury cooking skills.
Chicken kebabs and flatbreads	<b>Know</b> How to make multiple elements at once
	How to avoid food poisoning
	<b>Do</b> Practise the preparation and cooking of meat.
Winter-themed biscuits	Practise rolling, shaping and cooking bread.
	<b>Know</b> The origins of celebration biscuits
	The function of ingredients in biscuits
Homemade noodle pot	<b>Do</b> Make a basic biscuit dough.
	Decorate a product to fit a theme.
	<b>Know</b> Understanding why some snacks are bad for our health.
Research and test taste street food	The dangers of processed foods
	How some foods can be medicinal
	<b>Do</b> Chop, slice and ribbon a range of vegetables.
Banh Mi	Make a noodle soup.
	<b>Know</b> What street foods are and why they are so popular across the world
	Different senses when we taste food
Tacos	<b>Do</b> Conduct sensory analysis of street foods.
	Suggest adaptations for the products.
	<b>Know</b> What fusion foods are
Banh Mi	How food migration has changed the way in which we eat
	<b>Do</b> Make a shaped baguette.
	Make a fragrant filling for the baguette.
Tacos	<b>Know</b> How street foods can be part of a healthy diet

# Alderwood Academy – KS2 Haven Food Technology Programme of Study

	How to make a healthy snack
	<b>Do</b> Design their own version of a street food.
	Make their own taco from scratch
Sliders	<b>Know</b> How meat production can affect the world
	Make a batch of products
	<b>Do</b> Make and cook a batch of meat patties safely.
	Make a batch of burger buns.
Chicken Tikka & oven bhajis	<b>Know</b> Why Indian food is such a large part of part of UK food culture
	How spices can help our mind and body.
	<b>Do</b> Marinade a cook chicken.
	Make an oven-baked bhaji.
Make street food idea	<b>Know</b> How to follow a basic time plan
	How to self-manage time when preparing food
	<b>Do</b> Make a product independently using skills previously taught.
Potato rosti & ketchup	<b>Know</b> How breakfast affects your concentration and mood
	<b>Do</b> Make a homemade condiment.
	Grate and shape potato to make a rosti.
Crumpets & scrambled egg	<b>Know</b> The different parts of an egg
	Which nutrients are in eggs
	<b>Do</b> Make a batch of crumpets.
	Make scrambled egg
Homemade Baked Beans	<b>Know</b> Where baked beans originate from
	What fibre is and its role in digestion
	<b>Do</b> Make baked beans from scratch.
	Make tortilla wraps.

# Alderwood Academy – KS2 Haven Food Technology Programme of Study

Shakshuka	<b>Know</b> What some other cultures have for breakfast
	Why a bigger breakfast might be better for you
	<b>Do</b> Learn how to poach eggs
	Make a flavoured sauce
Granola Bars	<b>Know</b> How much added sugar is in breakfast bars
	How dried fruit helps our digestion
	<b>Do</b> Weigh and measure ingredients accurately.
	Make a batch of a baked product
Full English	<b>Know</b> How a full English contains all the nutrients you need
	How grilling is a healthy cooking method
	<b>Do</b> Demonstrate how to multitask and make multiple elements at once
Minestrone Soup	<b>Know</b> How to make a soup from leftover ingredients
	How to make delicious foods with cheap ingredients
	<b>Do</b> Slice and dice a range of vegetables.
	Make a fresh soup.
Spanish Tortilla	<b>Know</b> What a staple food is
	The role of protein and calcium in our diets
	<b>Do</b> Make a potato omelette.
	Control the heat of frying pans and grills.
Pasta Bake	<b>Know</b> How flour can thicken a sauce
	Why pasta is such a popular food
	<b>Do</b> Make a roux sauce.
	Make a fresh pasta bake
Stuffed Peppers	<b>Know</b> How to make a savoury filling using a staple food
	The origins of couscous

# Alderwood Academy – KS2 Haven Food Technology Programme of Study

	<p><b>Do</b> Cook and flavour couscous.</p> <p>Use heat to alter sensory properties.</p>
Potato cakes	<p><b>Know</b> The benefits of eating potatoes</p> <p>Why they are such a big part of our diets</p> <p><b>Do</b> Boil and mash potato.</p> <p>Shape and breadcrumb.</p>
Mojo chicken	<p><b>Know</b> Why some parts of animals are cheaper to buy</p> <p>What a marinade is</p> <p><b>Do</b> Marinade chicken thighs.</p> <p>Practise knife skills.</p>
Dahl	<p><b>Know</b> The benefits of eating lentils</p> <p>Why Indian food is so popular</p> <p><b>Do</b> Make a dahl</p> <p>Make a spiced topping</p>
Pizza Pinwheels	<p><b>Know</b> Why picnic foods are so popular</p> <p>Why food can taste better outside</p> <p><b>Do</b> Make a batch of a product</p> <p>Make their own recipe</p>
Mini-filled bread rolls	<p><b>Know</b> How yeast helps bread rise</p> <p>The qualities of a sandwich filling</p> <p><b>Do</b> Make a batch of bread rolls</p> <p>Make a delicious filling</p>
Potato Salad	<p><b>Know</b> How to use up left over potatoes</p>

# Alderwood Academy – KS2 Haven Food Technology Programme of Study

	How to flavour potatoes
	<b>Do</b> Make a fresh potato salad
Sausage rolls	<b>Know</b> Why pastry needs fat in it
	Why vegetarian mince often tastes better
	<b>Do</b> Make a batch of sausage rolls
Scotch Eggs	<b>Know</b> Why eggs are such a nutritious food
	The difference between homemade and factory made scotch eggs
	<b>Do</b> Breadcrumbs a food to add texture
	Hard boil an egg
Summer Vegetable Tart	<b>Know</b> How puff pastry rises
	What seasonality means
	<b>Do</b> Make a seasonal decorative tart
Picnic making	<b>Know</b> How to plan making two products at once
	How to use time effectively
	<b>Do</b> Make a two batches of different product