

ALBANY ACADEMY: KS4 Food Tech Subject Overview

Curriculum Overview for Food Tech		
Autumn Term		
UNIT	Unit 1 (Autumn 1)	Unit 2 (Autumn 2)
TITLE	Food Hygiene	How does food affect our bodies?
CONTENT	Summer Rolls Singapore Noodles Breaded Chicken Wrap Nachos & Salsa Pasta & Homemade sauce Fajitas	Jollof Rice Sweetcorn Fritters Pho – Vietnamese Noodles Soup Bombay Potatoes Egg fried noodles Winter biscuits
SKILLS	Prepare a range of fruit and vegetables by dicing, slicing and ribboning Dice an onion finely and create a homemade sauce Design their own version of street food and make their own Taco from scratch. Students will develop a wide range of practical food preparation and cooking skills, including: · Knife Skills: Safe handling, dicing, slicing, and chopping techniques (e.g. dicing an onion). · Wrap Preparation: Making a filled wrap using a variety of preparation methods. · Stir Fry: Creating a flavoured stir fry using seasonal vegetables and protein. · Coating and Cooking: Breadcrumbs and safely cooking chicken.	Dice, slice and ribbon arrange of vegetables. Make a basic biscuit dough. Decorate a product to fit a theme. Make a product independently using skills previously taught. Students will build a diverse set of practical cooking skills, including: · Preparing a flavoured rice dish and a savoury batter mixture. · Chopping, slicing, and ribboning a variety of vegetables. · Making noodle soup and a flavoured broth using aromatic ingredients. · Learning how to cook and spice potatoes effectively. · Creating a stir fry dish from scratch, applying previously learned techniques.

Curriculum Overview for Food Tech

Spring Term

UNIT	Unit 3 (Spring 1)	Unit 4 (Spring 2)
TITLE	What is a Processed Food	Can Food be a Medicine/Therapy?
CONTENT	Proper Pizza Sweet and sour chicken Sausage Roll Tikka Masala Dough Balls Carbonara	Banh Mi Fish finger sandwich Black Bean eggs & sweet potato fries Fishcakes Oaty Pancakes & Fruity Water
SKILLS	Make a Short crust pastry. Roll, shape and crimp a pastry. Make a pizza dough. Practice knife skills. Practice shaping and rolling. Make a batch of sausage rolls. Students will gain hands-on experience with a variety of practical cooking techniques, including: · Making a fresh yeasted dough and shaping it with added flavours. · Preparing a homemade sauce, including both yeast-based and starch-based varieties. · Creating a savoury pastry from scratch. · Cooking a fresh, healthy curry using whole ingredients and spices. · Preparing a high-protein meal with attention to nutritional balance. Safely cooking a range of ingredients, reinforcing independence and kitchen safety.	Conducting sensory analysis of street foods and suggesting product adaptations. Designing and preparing their own street food dish, such as a taco from scratch. Independently creating a final product using a combination of previously taught skills. Students will enhance their practical cooking abilities through a variety of hands-on tasks, including: · Making a yeasted dough and a fragrant filling. · Preparing and breadcrumbing fish for cooking. · Creating a brain-friendly breakfast dish. · Making fish cakes and pancakes from scratch. · Designing and assembling their own smørrebrød (open-faced sandwich). · Preparing and shaping fresh pasta.

Curriculum Overview for Food Tech

Summer Term

UNIT	Unit 5 (Summer 1)	Unit 6 (Summer 2)
TITLE	How does our diets affect our environments	What careers in Food are there?
CONTENT	Pasta Lasagne Seasonal Focaccia Asparagus potato and poached egg Tofu tikka Ramen	Yorkshire Pudding Mini berry tarts Gougeres Mini tacos Bruschetta Mini filo tarts Canapé Making
	Making a vegetable lasagna from scratch, including sauce and layering. Preparing yeasted bread using seasonal ingredients. Poaching an egg and cooking asparagus to perfection. Creating a spice marinade and cooking tofu as a meat alternative. Making a low food mile ramen, using local and sustainable ingredients.	Making a Yorkshire pudding canapé and a mini filled taco. Preparing different types of pastry: sweet shortcrust, choux, and filo. Creating visually appealing dishes such as bruschetta and filo tarts. Applying and combining skills learned throughout the year to design and produce a new, original product. Students will refine their advanced culinary skills through a variety of creative and technical tasks, including: · Making a Yorkshire pudding canapé and a mini filled taco. · Preparing different types of pastry: sweet shortcrust, choux, and filo. · Creating visually appealing dishes such as bruschetta and filo tarts. · Applying and combining skills learned throughout the year to design and produce a new, original product.