

KS3 Food Tech: subject sequencing overview (Skills)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Let's Get Cooking	Winter Warmers/Christmas Treats	Basic 'Store Cupboard' Ingredients	Tasty Snacks and Treats	Picnics and Packed Lunches	Summer Snacks and Treats
	<ul style="list-style-type: none"> - Safety in the kitchen - Understanding Hygiene - Food Safety - Cross Contamination - Knife skills - Planting cress - Sandwich - Fruit Salad 	<ul style="list-style-type: none"> - Grating - Chopping - All in one method - Using cutters - Pizza - Small cakes - Christmas biscuits 	<ul style="list-style-type: none"> - Weighing - Measuring - Estimating - Frying - Bacon Sandwich - Egg on Toast - Pancakes 	<ul style="list-style-type: none"> - Boiling - Melting - Rubbing-in method - Apple Crumble - Cheese Straws - Easter egg nests 	<ul style="list-style-type: none"> - Chopping - Melting - Pastry - Beating - Sausage Rolls - Chocolate Brownies - Small pizzas 	<ul style="list-style-type: none"> - Weighing - Estimating - Mashing - Chocolate Chip biscuits - Pasta Salad - Milkshake
Year 8	All About Eggs	Healthy Sweet Treats	Best of British	Exploring the Benefits of Food	Cultural Foods	Healthy Hot Weather Choices
	<ul style="list-style-type: none"> - Safety in the kitchen - Personal Hygiene - Using frying pan - Egg on Toast - Small Cakes - Sausage Rolls (egg wash) 	<ul style="list-style-type: none"> - All in one method - Weighing - Chopping - Cereal Bar - Apple Muffins - Mince Pies 	<ul style="list-style-type: none"> - Frying - Baking - Measuring - Bacon Sandwich - Sausage Popovers (Yorkshire Puddings) 	<ul style="list-style-type: none"> - Pastry - Pasta - Melting - Cheese Straws - Quiche - Easter biscuits 	<ul style="list-style-type: none"> - Combining - Estimating - Skewering - Scotch Eggs - Welsh Cakes - Kebabs - Mexican Tortillas 	<ul style="list-style-type: none"> - Chopping - Grating - Boiling - Cheesy Chicken Nuggets - Coleslaw - Pasta Salad - Mini Pizzas

Year 9	Let's Improve Our Skills	Tasty Treats	Best of British	Exploring Traditional Foods	Picnic Foods	Making Healthy Choices
	<ul style="list-style-type: none"> - Safety in the kitchen - Personal Hygiene - Frying – Time Management - Pastry Skills - Grating - All Day Breakfast - Sausage Rolls - Apple Pasties 	<ul style="list-style-type: none"> - Folding-in method - Boiling - Cheese Sauce - Designing - Butterfly cakes - Cheesy Pasta - Christmas biscuits 	<ul style="list-style-type: none"> - Frying - Baking - Weighing - Estimating - Bacon Sandwich - Melting Moments - Muffins 	<ul style="list-style-type: none"> - Pastry - Grating - Rolling - Melting - Cheese Bites - Quiche - Easter nest cakes 	<ul style="list-style-type: none"> - Boiling - Weighing - Measuring - Combining - Apple Turnovers - Scotch Eggs - Blueberry Wedges 	<ul style="list-style-type: none"> - Chopping - Grating - Boiling - Pasta Salad - Coleslaw - Cheese Whirls - Fruity kebabs

KS3 Food Tech: subject sequencing overview (Knowledge)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Health and Safety in the Food Room	Eat Well Guide	Macronutrients & Micronutrients	Special Dietary Needs/Requirements	Staple food from around the world	Active Lifestyle
	<ul style="list-style-type: none"> - Safety in the kitchen - Understanding Hygiene - Food Safety - Cross Contamination 	<ul style="list-style-type: none"> - Healthy Eating - Healthy Choices - Hydration for health 	<ul style="list-style-type: none"> - Different Nutrients - Food Choices - Balanced Diet 	<ul style="list-style-type: none"> - Needs of different age groups - Allergies - Intolerance - Religious beliefs 	<ul style="list-style-type: none"> - Foods that grow in different climates - Food Miles - Seasonal Foods 	<ul style="list-style-type: none"> - Food for energy - Healthy Balanced Diet - Food Choices
Year 8	Nutrition	Functions of bread	Raising Agents	Eggs	Food Poisoning	Storage of food
	<ul style="list-style-type: none"> - Traffic Light System on labels - Understanding food labels - Influencing choices 	<ul style="list-style-type: none"> - Different types of flour - Function of yeast - Allergies to wheat 	<ul style="list-style-type: none"> - Different types - What is their function? 	<ul style="list-style-type: none"> - What is their function? - Different types of eggs available. - Different methods of cooking eggs. 	<ul style="list-style-type: none"> - Cross contamination - Symptoms - Bacterium - Prevention 	<ul style="list-style-type: none"> - Correct temperature for storage - Danger zone

Year 9	Meat Replacement	Alternative Diets	Diets around the world	Cooking Methods	Food Preparation	BTEC Preparation
	<ul style="list-style-type: none"> - Vegan diet - Sources of protein - Advertising for plant based diets 	<ul style="list-style-type: none"> - Vegetarian - Lacto-Vegetarian - Fruitarian 	<ul style="list-style-type: none"> - International cuisine - Cultural cuisine available locally 	<ul style="list-style-type: none"> - Different way foods are cooked - Boiling - Stir frying - Frying - Baking - BBQ 	<ul style="list-style-type: none"> - Develop presentation skills when serving food - Understanding what a consumer is looking for in presentation 	<ul style="list-style-type: none"> - Begin to prepare food in a safe and hygienic way using prior knowledge - Follow more complex recipes