



# Topic Overview - Food Technology

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 7	How do we prepare food hygienically?	Why is food fuel for our bodies?	How does cooking food affect its nutritional value?	Where does our food come from?	How can food packaging inform healthy eating?	How can we adapt recipes to improve our diet?
YEAR 8	How does the <i>Eatwell plate</i> inform us about healthy eating? Why do we use raising agents in cooking? What is the impact of convenience foods on nutrition? Recall: Safe, hygienic practices in the kitchen.		How can we adapt recipes to suit the different dietary preferences?		What is ultra-processed food and how does it impact our health? How can we improve the nutritional value of family dishes?	
YEAR 9	How can we combine carbohydrates and vegetables in meals?	How do different types of flour affect pastry?	How does sustainability affect our food?	Why is animal welfare important?	How do we choose seasonal ingredients when cooking complex family meals?	How do we preserve food? How do we use complex finishing techniques?
YEAR 10	Safe and hygienic working practice. Food spoilage: regulations. Food commodities: Eggs, Fruit and Vegetables.	The effect of cooking on food – the chemical properties of ingredients. Where food comes from: Food Provenance. Food commodities: Yeast cookery.	Principles of nutrition: Macronutrients and Micronutrients. Diet and good health: Energy requirements of individuals. Factors affecting Food choice. Food manufacturing, primary and secondary processing. Food commodities: Pasta.	Diet and good health: Planning balanced diets. Calculating Energy and nutritional values. Developing recipes and meals: time planning and costing. Preparation and cooking techniques: presenting a selection of recipes.	The effect of cooking on food: experimental work and modifying recipes. Preparation and cooking techniques: cooking methods and finishing techniques. Food commodities: Sugar, Fish.	Research and Investigation: Trialing and Testing – Regional Cookery Task. Preparation and cooking techniques.
YEAR 11	GCSE NEA 1 practical assessment.	Research and Investigation: Trialing and Testing, Preparing 3 dishes in 3 hours.	Research and Investigation: Trialing and Testing. Preparation for the NEA 2 GCSE practical examination in March.	Practical examination and evaluation.	Revision topics and practice questions.	Revision topics and practice questions.