



New Woodlands School Programme of Study ( POS) 2022-23

Subject Food Technology

**Key stage 3**

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Basic equipment. <b>Knife skills: bridge and claw method.</b> Rubbing in method. <b>Melting method.</b> Sweet and savoury food. <b>Taste.</b> Baseline assessment. <b>Eat well guide.</b> Practical routines. <b>Food Safety</b> : The 4 C's , bacteria and hygiene, enzyme browning. <b>Cross contamination and hand washing.</b> <b>Coagulation.</b>	<b>Cutlery.</b> Using the hob and oven. <b>Conduction and convection.</b> Identifying food groups. <b>Healthy eating plate.</b> Convenience foods.	<b>Cultural food preferences.</b> Dietary food preferences. Recycling packaging.	4 food methods Name equipment correctly. Evaluating . Eatwell plate. Accurate weighing	<b>Heat transfer, convection and why we need to cook food.</b>  Using the hob for different food techniques.  <b>Raising agents.</b>  Exploring food choice and be introduced to sensory analysis.	Starch <b>Gluten</b> Kneading Cutting batons
Skills		Making a roux Forming	Dry frying Baking		Kneading Baking	Bread making Kneading

	<p><b>Culinary skills</b> : Rubbing in method</p> <p><b>Knife skills :Bridge and Claw method.</b></p> <p><b>Shortcrust pastry</b></p>	<p>Chopping</p> <p>Dicing</p> <p>Slicing</p> <p>Simmering</p> <p>Boiling</p> <p>Making cookie dough</p>	Puff pastry		<p>Whisking</p> <p>Folding in</p> <p>Slicing</p> <p>Grater</p> <p>Baking</p>	<p>Proving</p> <p>Emulsion process</p> <p>Frying</p> <p>Emulsion</p> <p>Freezing</p>
Recipes	<p><b>Wk 1 Breakfast challenge/eggy bread</b></p> <p>Wk 2 Apple Crumble</p> <p><b>Wk 3 Making Butter ,</b> Buttermilk and Banana muffins</p> <p>Wk 4 Flapjacks</p> <p><b>Wk 5 Jamaican Patties</b></p> <p>Wk 6 Halloween Cupcakes</p>	<p><b>Wk 1 Macaroni Cheese</b></p> <p>Wk 2 Tuna Fishcakes</p> <p><b>Wk 3 Xmas Cookies</b></p> <p>Wk 4 Vegetable soup</p> <p><b>Wk 5 Strawberry Santas</b></p> <p>Wk 6 Xmas Cookies</p>	<p><b>Wk 1 Flatbread</b></p> <p>Wk 2 Qeusadillas</p> <p><b>Wk 3 Burritos</b></p> <p>Wk 4 Stir Fry Noodles</p> <p><b>Wk 5 American Pancakes</b></p> <p>Wk 6 sausage rolls</p>	<p><b>Wk 1 English Pancake</b></p> <p>Wk 2 Fresh Pasta</p> <p><b>Wk 3 Meatballs and penne</b></p> <p>Wk 4 Bread making</p> <p><b>Wk 5 Pasta, Pesto and parmesan.</b></p> <p><b>Wk 6 Easter Crispy cakes</b></p>	<p><b>Wk 1 Garlic and herb bread/dough balls</b></p> <p>Wk 2 Pizza Dough</p> <p><b>Wk 3 Homemade pizza</b></p> <p>Wk 4 Mini Victoria sponge cakes</p> <p><b>Wk 5 Cous cous salad</b></p> <p>Wk 6 Homemade Coleslaw and potato wedges.</p>	<p>Wk 1 Milk shakes and smoothies</p> <p><b>Wk 2 Herbs, salad dressings and planting/growing micro veg.</b></p> <p>Tsatsiki and salsa</p> <p>Wk 3 Chicken dippers</p> <p><b>Wk 4 Homemade Mayo and egg and cress sandwiches</b></p> <p>Wk 5 Scones</p> <p><b>Wk 6 Homemade Icecream</b></p>
Celebration focus	Halloween	Christmas	Chinese New Year	Easter Mardi Gras	Windrush Food 75 <sup>th</sup> Celebration	Eid and Middle Eastern food
Year 8	<p><b>Nutrition</b> Healthy Eating recap and Eat Well guide</p> <p>Food safety in the kitchen recap</p> <p>Practical routine recap</p> <p>Nutrition and eatwell guide.</p>	<p>Food Choice :</p> <p>Special diets and religion</p> <p>Allergies</p>	<p>Build on understanding of bacteria and develop understanding of Food Poisoning.</p> <p>Food temperature</p>	<p>Food Choice</p> <p>Traffic light system</p> <p>Diet analysis</p> <p>Food labelling</p> <p>Calorie intact for different people.</p>	<p>Culinary Skills</p> <p>Seasonal foods /food miles recap</p>	<p>Fats and sugars</p> <p>Carbohydrates</p>

	Safety : Accident prevention Recap on Food groups	Build on sensory analysis and learn about taste.	Food bacteria Micronutrients Macronutrients Using the hob for different food techniques simmering. Whisking method Custard Cream			
Recipes	<b>Wk 1 Breakfast challenge/eggy bread</b> Wk 2 Apple Crumble <b>Wk 3 Making Butter ,</b> Buttermilk and Banana muffins Wk 4 Flapjacks <b>Wk 5 Jamaican Patties</b> Wk 6 Halloween Cupcakes	<b>Wk 1 Macaroni Cheese</b> Wk 2 Tuna Fishcakes <b>Wk 3 Xmas Cookies</b> Wk 4 Vegetable soup <b>Wk 5 Strawberry Santas</b> Wk 6 Xmas Tree Cookie Stack	<b>Wk 1 Flatbread</b> Wk 2 Qeusadillas <b>Wk 3 Burritos</b> Wk 4 Stir Fry Noodles <b>Wk 5 American Pancakes</b> Wk 6 sausage rolls	<b>Wk 1 English Pancake</b> Wk 2 Fresh Pasta <b>Wk 3 Meatballs and penne</b> Wk 4 Bread making <b>Wk 5 Pasta, Pesto and parmesan.</b> <b>Wk 6 Easter Crispy cakes</b>	<b>Wk 1 Garlic and herb bread/dough balls</b> Wk 2 Pizza Dough <b>Wk 3 Homemade pizza</b> Wk 4 Mini Victoria sponge cakes <b>Wk 5 Cous cous salad</b> Wk 6 Homemade Coleslaw and potato wedges.	Wk 1 Milk shakes and smoothies <b>Wk 2 Herbs, salad dressings and planting/growing micro veg.</b> Tsatsiki and salsa Wk 3 Chicken dippers <b>Wk 4 Homemade Mayo and egg and cress sandwiches</b> Wk 5 Scones <b>Wk 6 Homemade Icecream</b>
Celebration focus	Halloween	Christmas	Pancake Day Mardi Gras Fat Tuesday	Easter	Windrush Food 75 <sup>th</sup> Celebration	
Year 9	Food groups Design and make a balanced meal using all the food groups.	Careers in the food industry. Vitamins	Identify a wide range of utensils and cooking equipment.	Protein /meat alternatives. Leavening agents	Food Provenance. Know about seasonality and the	Food choices Diet Analysis Diet and lifestyle

	Coagulation	Fruit and vegetables nutrients.	Using the hob for different food techniques : frying.  Dicing, slicing and batons.	Carbohydrates Adapting a recipe 6Rs of sustainability.	environmental impact of using produce out of season. Growing produce. Preserving and freezing methods. Presentation	Vegetarians, vegans. Coeliac Allergies Understand calorie intake and healthy snacks.
Recipes	<b>Wk 1 Breakfast challenge/eggy bread</b> Wk 2 Apple Crumble <b>Wk 3 Making Butter ,</b> Buttermilk and Banana muffins Wk 4 Flapjacks <b>Wk 5 Jamaican Patties</b> Wk 6 Halloween Cupcakes	<b>Wk 1 Macaroni Cheese</b> Wk 2 Tuna Fishcakes <b>Wk 3 Xmas Cookies</b> Wk 4 Vegetable soup <b>Wk 5 Strawberry Santas</b> Wk 6 Xmas Tree Twist	<b>Wk 1 Flatbread</b> Wk 2 Qeusadillas <b>Wk 3 Burritos</b> Wk 4 Stir Fry Noodles <b>Wk 5 American Pancakes</b> Wk 6 Cheese and onion	<b>Wk 1 English Pancake</b> Wk 2 Fresh Pasta <b>Wk 3 Meatballs and penne</b> Wk 4 Bread making <b>Wk 5 Pasta, Pesto and parmesan.</b> <b>Wk 6 Easter Crispy cakes</b>	<b>Wk 1 Garlic and herb bread/dough balls</b> Wk 2 Pizza Dough <b>Wk 3 Homemade pizza</b> Wk 4 Mini Victoria sponge cakes <b>Wk 5 Cous cous salad</b> Wk 6 Homemade Coleslaw and potato wedges.	Wk 1 Milk shakes and smoothies <b>Wk 2 Herbs, salad dressings and planting/growing micro veg.</b> Tsatsiki and salsa Wk 3 Chicken dippers <b>Wk 4 Homemade Mayo and egg and cress sandwiches</b> Wk 5 Scones <b>Wk 6 Homemade Ice cream</b>
Celebration focus	Halloween	Christmas	Pancake Day Mardi Gras Fat Tuesday	Easter	Windrush Food 75th Celebration	Eid

#### Key stage 4

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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Year 10	Introduction to BTEC Home Cookery Focus is on presentation and preparing a meal.	Passing on cooking knowledge ( 4.1)	Economising when planning a meal. Use a range of sources for research. Adapt a recipe fo different dietary needs.	Quick desserts Applying presentation skills 2.4 Online Course in Food Safety	Complete online course in Food Safety at Work Level 1. (2.3) Demonstrate food hygiene 2.1	Planning and cooking a nutritious two-course meal 1.1 and 2.1 Research energy drinks
Recipes	Wk 1 Full English breakfast Wk2 Fruit Crumble Wk 2 Banana and blueberry loaf Wk 3 Energy bars/ flapjack Wk 4 Jamaican Patties Wk 5 Jerk Chicken Wings with Rice and peas Wk 6 Frosted Cup cakes. <b>Researching a 2 course healthy balanced meal.</b>	Wk 1 Macaroni Cheese with bacon Wk 2 Fishcakes with parsley sauce Wk 3 Decorated Gingerbread Wk 4 Cottage Pie and vegetables Wk 5 Vegetable soup and oven croutons Wk 6 Jacket potato and fillings Wk 7 Sweet potato and chickpea curry With rice	Wk 1 Focaccia Bread Wk 2 Enchiladas Wk 3 Chicken Chow mein Wk 4 American pancakes Wk 5 Sausage plait  Wk 6 Kofti and Rice	Wk 1 Sweet and savoury English Pancake Wk 2 Vegetable lasagne and salad. Wk 3 Homemade burgers Wk 4 Choice of recipe Wk 5 Fruit fool and chocolate mousse and choose a dessert for next week Wk 6 Cooking dessert of own choice	Wk 1 Complete online course. Wk2 Salad Nicoise Wk 3 Caesar Salad Wk 4 Research own 2 course meal Wk 5 First BTEC practice Wk 6 Review and complete BTEC paperwork.	Wk 1 Protein shakes and smoothies Wk 2 Micro veg and presentation. Houmus and flat bread Wk 3 Chicken escalope and cous cous Wk 4 Tortilla Wk 5 Scones/cream tea Wk 6 Knicker-bocker glories
Celebration focus	Black History Month Diwali Festival food	Christmas	Pancake Day	<b>Easter</b>	Eid	
Year 11	Egg replacements Oxidisation	Dietary needs and adapting a recipe En papilotte fish	Completing BTEC First Cooking Assessment and evidence	Completing Food Safety On line Course and Second Cooking Assessment.	<b>Windrush 75<sup>th</sup> Celebration</b>	Study Leave <b>Graduation Pizza party.</b>

Recipes	<p>Wk 1 Full English breakfast  Wk2 Fruit Crumble  Wk 2 Fruit loaf  Wk 3 Energy bars/ flapjack  Wk 4 Jamaican Patties  Wk 5 Jerk Chicken Wings with Rice and peas  Wk 6 Frosted Cup cakes.  <b>Researching a 2 course healthy balanced meal.</b></p>	<p>Wk 1 Macaroni Cheese with bacon  Wk 2 Salmon parcels and vegetables  Wk 3 Decorated Gingerbread  Wk 4 Cottage Pie and vegetables  Wk 5 Vegetable soup and oven croutons  Wk 6 Jacket potato and fillings  Wk 7 Sweet potato and chickpea curry  With rice</p>	<p>Wk 1 Focaccia Bread  Wk 2 Enchiladas  Wk 3 Chicken Chow mein  Wk 4 American pancakes  Wk 5 Sausage plait    Wk 6 Kofti and Rice</p>	<p>Wk 1 Sweet and savoury English Pancake  Wk 2 Vegetable lasagne and salad.  Wk 3 Homemade burgers  Wk 4 Choice of recipe  Wk 5 Fruit fool and chocolate mousse and choose a dessert for next week  Wk 6 Cooking dessert of own choice</p>	<p>Wk 1 Complete online course.  Wk2 Salad Nicoise  Wk 3 Caesar Salad  Wk 4 Research own 2 course meal  Taboulleh  Wk 5 First BTEC practice  Wk 6 Review and complete BTEC paperwork.</p>	<p>Study leave  And follow Year 10 recipes when in.</p>
Celebration focus	Black History Month Diwali Festival Food	Christmas	Pancake Day	<b>Easter</b>	<b>Windrush 75<sup>th</sup> Celebration</b>	Year 11 graduation