

Food Technology Key Stage 4 Curriculum Overview

	Autumn		Spring		Summer	
Year	1	2	1	2	1	2
10	Nutrition: Proteins, fats, carbohydrates, vitamins & minerals.	Nutritional Needs & Health: Energy needs, nutritional analysis, making informed choices	Food Science: Cooking & heat transfer. Functional & chemical properties of food	Food Safety: Food spoilage & contamination. Principles of food safety	Food Choice: Factors affecting food choice. British & international cuisines	Food Provenance: Environmental impact & sustainability
11	Food Provenance: Processing & production. NEA 1	NEA 2	NEA 2	NEA 2	Revision	Revision

All food practicals relate to the topics being covered & will include:

Knife skills , the Preparation fruits, vegetables, meats, fish & cereal products, be able to Prepare combine and shape ingredients, (doughs, sauces & the use of raising agents), Tenderise and marinate, accurate Weighing and measuring, Preparation of ingredients and equipment, Water based methods of cooking using the hob.