



ABINGDON

KS3 Food Technology

YEAR GROUP/PATHWAY: KS3	SUBJECT AREA: Food		
	Year 1	Year 2	Year 3
Autumn			
Knowledge	Food hygiene and safety in the kitchen Practical cooking skills Knife skills Safe use of the hob and oven	Food labelling Special diets Adapting an existing recipe Practical cooking skills	Food labelling Special diets Adapting an existing recipe Practical cooking skills



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Recipe/ Skills	<p>Finding our way around the kitchen. Exploring where things go, the different tools, machines and utensils in the kitchen.</p> <p>Hand washing- ensuring students are able to wash their hands correctly.</p> <p>Ensuring students can use a range of tools safely.</p> <p>How to wash up / clean away (sequencing)</p> <p>Pupils will use simple recipes in order to have the opportunity to develop their ability to work safely in the kitchen. Staff will provide guidance on the basic rules in the kitchen.</p> <p>Bonfire Night Cookies- Measuring and rolling</p> <p>Pizza Wheels- Baking and grating</p> <p>Shortbread and cranachan- measuring, cutting</p> <p>Pumpkin Pie-</p> <p>Sausage rolls- Glazing and rolling</p> <p>Savoury Rice- Knife skills</p> <p>Fajitas- Knife skills</p> <p>Gingerbread stained biscuits</p>	<p>Using food labels students will recap the eatwell plate.</p> <p>Students will be taught about a range of special diets. These will include diets determined by allergies, religion, ethical and seasonal variance.</p> <p>Students will begin to adapt some recipes in order to cater for some of these dietary needs.</p> <p>Coconut ice-cream Mushroom Paella Vegan lemon cake</p>	<p>We will continue to explore how a range of foods can be adapted in order to cater for dietary needs.</p> <p>The importance of ensuring that dietary needs are met will be discussed. We will consider the impact of some examples where allergens have not been identified in food.</p> <p>Gluten Free Yorkshire puddings Flourless brownies Vegan jambalaya Dairy free Minty Pea and potato soup Cheesy ground beef and cauliflower casserole (low in carbs) Cheese and bacon scone pizza</p>
Vocabulary	<p>Core:</p> <p>Cooker, Oven, Hob , Fridge, Freezer</p>	<p>Food group, protein, carbohydrate, fat, vitamins, minerals, energy, calories,</p>	<p>Allergen, allergy, liability, adaptation</p>
Spring			



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Knowledge and purpose	Weighing and measuring ingredients Adapting an existing recipe Buying and storing food	Weighing and measuring ingredients Adapting an existing recipe Buying and storing food Seasonality	Weighing and measuring ingredients Adapting an existing recipe Buying and storing food
Recipe/ Skills	<p>Students will use a range of recipes that will require that they measure ingredients accurately. Students will use weighing scales and explore grams as a measurement.</p> <p>Students will begin to explore how certain ingredients can be swapped in order to create dishes that cater for other students with dietary requirements.</p> <p>Students will explore how foods should be stored (including how a fridge should be maintained) and consider food spoilage.</p> <p>Recipes;</p> <ul style="list-style-type: none">Spaghetti BologneseCoconut MacaroonPasta CarbonaraPancakesSantorini saladCranachan	<p>Students will continue to develop their cooking skills with a number of recipes.</p> <p>Students will explore seasonality and its impact on recipes across the world. Students will look at alternatives and adapting recipes for reasons not limited to seasonality.</p> <ul style="list-style-type: none">Eton Mess SconesPea, asparagus and ham tartsSeasonal Fruit ice creamGnocchi with courgette, mascarpone and spring onions	<p>Students will continue to develop their cooking skills with a number of recipes.</p> <p>Students will explore seasonality and its impact on recipes across the world. Students will look at alternatives and adapting recipes for reasons not limited to seasonality.</p> <ul style="list-style-type: none">Apple CrumbleTomato and basil soupFrozen berry FoolChicken and Halloumi burgers
Vocabulary	Food spoilage, food poisoning, storage, accuracy, ingredients	Seasonality, preservation, waste	Frozen, freshness, grilling, blending



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Summer			
Knowledge	Diet and nutrition Students to be able to recall and apply the principles of The Eatwell guide and the 8 tips for healthy eating Students to be able to explain how we use energy and how needs change through life Students to learn to name the key nutrients, sources and functions	Functions of ingredients Foods from around the world Diet and nutrition	Functions of ingredients Foods from around the world Introduction to Hospitality and Catering
Skills/Purpose	Using a number of recipes we will highlight how to try and balance a diet. Students will begin to discuss how diets change throughout a lifetime. 'Healthier' Welsh Rarebit Rice Paper rolls Chickpea Fritters Roasted pepper shakshuka Sunshine Burgers Borek Cheesy sweetcorn bread	Students will use a number of recipes from around the world to explore staple diets and some less familiar ingredients. A range of different recipes will be used to explore nutrition around the world and will be related back to the eatwell plate. Belgian waffles Houmous and Flatbreads Beef Kofta Mochi Chapati Arancini	Students will be exposed to some additional recipes from around the world. We will also recap many of the skills and ingredients used over the three years in order to identify some of the functions of certain ingredients (including as sweeteners and flavour enhancers) A basic introduction to hospitality and catering will look at food storage, safety and service. Jollof Rice Russian Easter bread Soda bread Mango Lassi



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Vocabulary	Balanced diet, dietary requirements, food groups.	Farm, garden, grown, over ground, underground, reared, caught, fishing, factory, handmade, processed, organic.	Hospitality, catering, careers
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