

**Food Technology OVERVIEW 2020 – 2021**  
**Key Stage 4 Year 10 Award in Home Cooking Skills level 1**

preparing a wide range of different recipes. Student's will learn about meal planning, storing food correctly, kitchen basics, food safety & hygiene, preparation skills and how to follow a recipe.

Students will need to **select** the ingredients for, plan and **prepare** at least **10** dishes including the following food items eggs, breakfast food, packet lunch item, simple soups, salad, baking, basic bread making, cooking vegetables, Pasta, mince, puddings, rice, chicken, quick cook meats and fruit salad.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	
<b>Autumn 1</b>	Health and safety in the classroom		Chopping boards cross contamination				Teacher Assessment	
	This term is cooking with eggs with pastry and rice						Data Collection	
								Inset 2 days
<b>Autumn 2</b>	Meal planning		Storing and using knives correctly					
	This term is cooking with Chicken with rice or pasta dishes				Inset 2 days	Teacher Assessment	Data Collection	
<b>Spring 1</b>	Food safety and hygiene		Meal planning				Teacher Assessment	
	This term is cooking with Cheese with pasta and pastry						Data Collection	
<b>Spring 2</b>	Kitchen basics		Preparation skills					
	This term is cooking with beef mince meat vegetables and potatoes							
	Inset 1 day	Teacher Assessment				School Reports	Data Collection	
<b>Summer 1</b>	How to follow a recipe		Preparation skills				Teacher Assessment	
	This term is healthy soup, salad's and packed lunches, including salad and fresh fruit						Data Collection	
<b>Summer 2</b>	Storing food correctly							
	This term is baking pies, pastries, biscuits and puddings							
	Inset 1 day	Teacher Assessment				Examinations	School Reports	Data Collection

<b>KEY</b>	Topic taught	Staff Training	Teacher Assessment	Data	School Reports	Examinations
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