

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

KEY	Topic taught	Staff Training	Teacher Assessment	Data	School Reports	Examinations
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