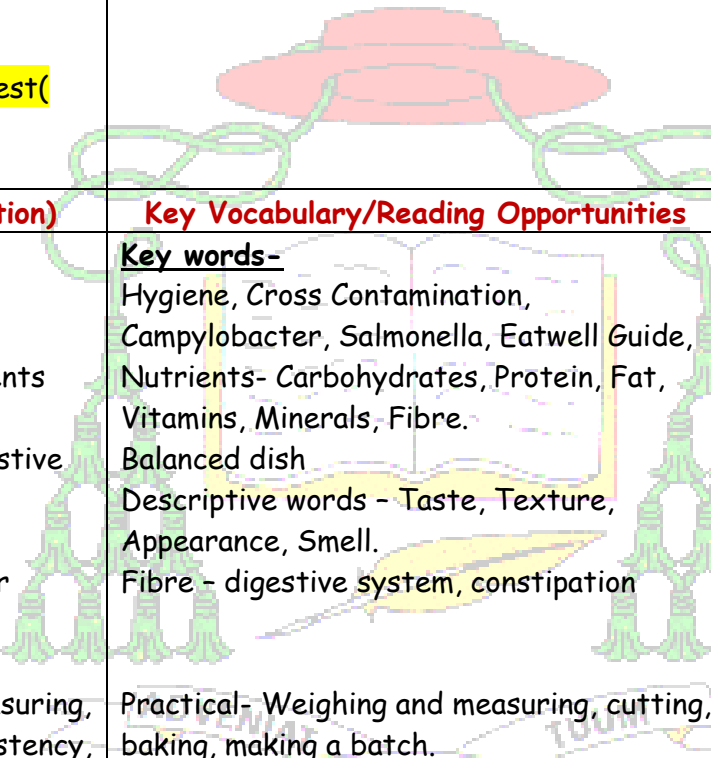
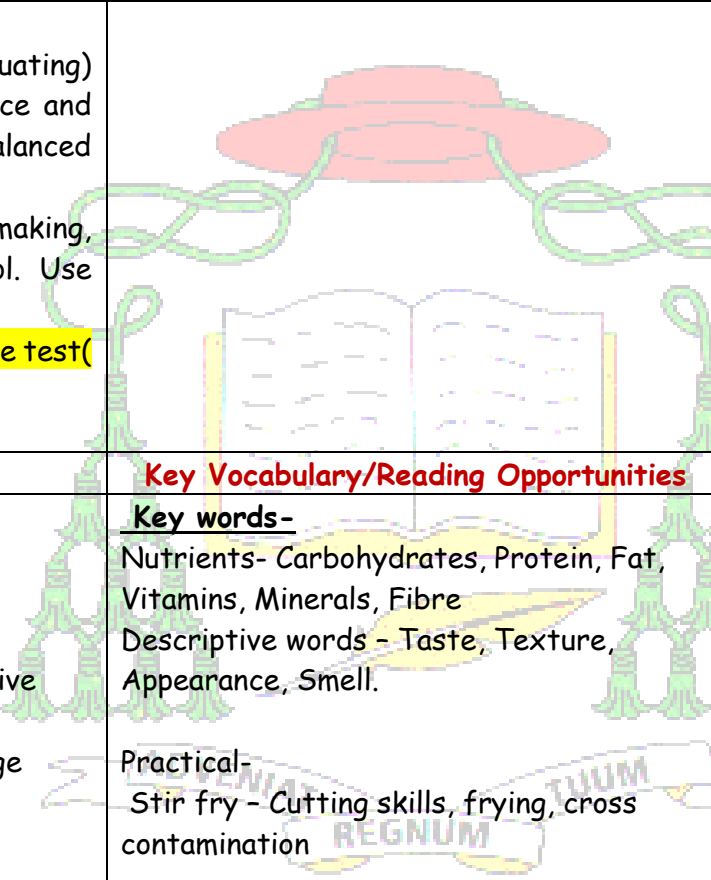
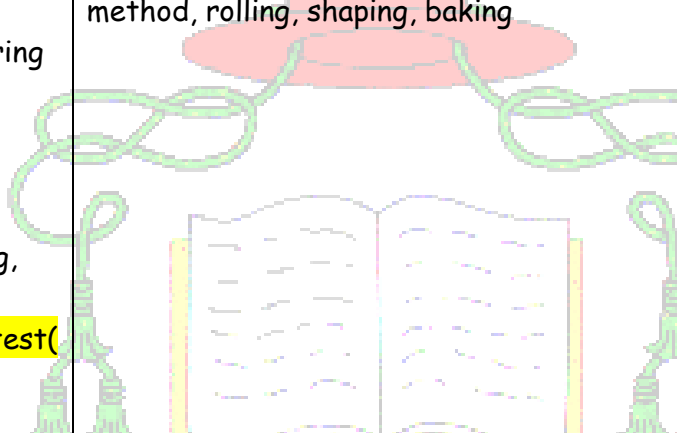


Archbishop Beck Catholic College Long Term Plan for Food Technology year 7 8 9

Year 7 - (10 Week Course Rotation)	Key Vocabulary/Reading Opportunities
<p>Topic Areas to be covered:</p> <p>Theory :</p> <ul style="list-style-type: none"> • Health and Safety • Seasonality and Food Miles • Eatwell guide / balanced diet • Sensory evaluation - descriptive words, star profile • Hidden sugars - health problems associated with obesity <p>Practical :</p> <ul style="list-style-type: none"> • Fruit salad - cutting skills, presentation skills • Pasta salad - cutting skills, safe use of hob, boiling and simmering (pasta salad - assessment-research, investigation, making and evaluating) • Fajitas - cross contamination, frying skills, making a marinade • Muffins - weighing skills, mixing, making a dough to correct consistency, baking, making a batch 	<p>Hygiene, Cross Contamination, Campylobacter, Salmonella, Eatwell Guide, Balanced diet, Carbohydrates, Protein, Fat, Vitamins, Minerals, Fibre</p> <p>Seasonality, food miles, greenhouse gasses, CO2, global warming</p> <p>Descriptive words - Taste, Texture, Appearance, Smell.</p> <p>Obesity, type 2 diabetes, strokes, heart disease. Sugar swaps</p> <p>Practical- Weighing and measuring. Cutting methods -Slicing and dicing using the bridge and claw method, boiling, simmering, frying, marinade, cross contamination, dough, batch.</p>

<ul style="list-style-type: none"> Smoothies - designing a healthy drink, safe use of electrical equipment <p>Assessment Summative Knowledge test(end of the rotation)</p>	
<p>Year 8 - (10 Week Course Rotation)</p>	<p>Key Vocabulary/Reading Opportunities</p>
<p>Topic Areas to be covered:</p> <p>Theory :</p> <ul style="list-style-type: none"> Health and safety Source and function of nutrients <ul style="list-style-type: none"> Balanced diet Fibre for healthy digestive system Sensory evaluation - descriptive words, star profile <p>Practical</p> <ul style="list-style-type: none"> Scones - Weighing and measuring, making a dough to correct consistency, cutting, baking, making a batch <ul style="list-style-type: none"> Bread - Weighing skills. making a dough to correct consistency, kneading, proving, shaping, baking. Pizza - Weighing skills. making a dough to correct consistency, kneading, proving, baking, cutting skills, presentation. 	<p>Key words-</p> <p>Hygiene, Cross Contamination, Campylobacter, Salmonella, Eatwell Guide, Nutrients- Carbohydrates, Protein, Fat, Vitamins, Minerals, Fibre.</p> <p>Balanced dish</p> <p>Descriptive words - Taste, Texture, Appearance, Smell.</p> <p>Fibre - digestive system, constipation</p> <p>Practical- Weighing and measuring, cutting, baking, making a batch.</p> <p>Cutting skills-slicing and dicing using the bridge and claw method, boiling, simmering, baking, cross contamination</p> <p>dough, batch, kneading, proving, shaping.</p> <p>Balanced dish. Sauce making, boiling, simmering, portion control. Use of protein alternative</p>

<p>(pizza-assessment-research, investigation, making and evaluating)</p> <ul style="list-style-type: none"> • Salt and pepper chicken with rice and roasted vegetables - making a balanced meal, evaluation of dish. • Spaghetti Bolognese - sauce making, boiling, simmering, portion control. Use of protein alternative • Assessment Summative Knowledge test(end of the rotation) • 	
<p>Year 9 (10 week rotation)</p>	<p>Key Vocabulary/Reading Opportunities</p>
<p>Topic Areas to be covered:</p> <p>Theory:</p> <ul style="list-style-type: none"> • Health and safety -the 4 's • Sensory evaluation - descriptive words, star profile • Dietary needs of different age groups • EHO <p>Practical:</p> <p>Stir fry - Cutting skills, frying, cross contamination</p> <p>Pasta Bake - boiling, simmering, roux method sauce making</p>	<p>Key words-</p> <p>Nutrients- Carbohydrates, Protein, Fat, Vitamins, Minerals, Fibre</p> <p>Descriptive words - Taste, Texture, Appearance, Smell.</p> <p>Practical-</p> <p>Stir fry - Cutting skills, frying, cross contamination</p> <p>Pasta Bake - boiling, simmering, roux method sauce making</p> <p>Risotto - cutting skills, frying, simmering</p> <p>Curry - cutting skills, frying, sauce making, use of alternative protein</p>

<p>(pasta bake - assessment-research, investigation, making and evaluating)</p> <p>Risotto - cutting skills , frying , simmering</p> <p>Curry - cutting skills , frying , sauce making, use of alternative protein</p> <p>Jam tarts - weighing, measuring. Rolling, shaping, baking</p> <ul style="list-style-type: none"> Assessment Summative Knowledge test(end of the rotation) 	<p>Jam tarts - weighing, measuring, rubbing in method, rolling, shaping, baking</p> 
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Year 7 8 9 Food Technology

Wider learning experiences to support this subject.	Learning Characteristics instilled in the curriculum	Career Opportunities
<p>Year 7 - Suggested trips :- Local MacDonaldis to see how kitchen is run , Local farm to see how food is produced</p> <p>Year 8 - Suggested trips :- person from vegetarian or vegan society invited in for talk</p> <p>Year 9 - Suggested trips :- trip to local catering college, chef to come in for a practical.</p>	<p>Confidence Speaking and listening - working independently safely and hygienically</p> <p>Positive High expectations in presentation of dishes</p> <p>Respectful Learners greeted at the door on arrival and asked to stand behind chairs before lesson commences.</p>	<p>Nutritionist</p> <p>Jobs in Hospitality and Catering Industry</p>

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Metacognition Methods applied in Teaching

- Activate prior knowledge at the beginning of every lesson.
- Modelling writing and responses to demonstrate the thinking processes behind the ideas and implementation.
- Demonstrating independence in learning tasks.

