

Food Technology Curriculum Overview Key Stage 3/4



Subject: Food Tech

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nurture Practical	Introduction to basic skills	Nutrition	Healthy Snacks	Flour	British Foods	Global Foods
Nurture Theory	Healthy Eating Food Groups	Kitchen Safety Preparation Skills	Eatwell Guide Vitamins and Minerals	Bread/Kneading Skills Pastry	Food safety/hygiene Packaging	Fair Trade Balanced diet for specific groups/culture
Year 8 Practical	Basic Skills	Nutrition	Healthy Snacks	Flour	British Foods	Global Foods
Year 8 Theory	Healthy Eating Food Groups	Kitchen Safety Preparation Skills	Eatwell Guide Vitamins and Minerals	Bread/Kneading Skills Pastry	Food safety/hygiene Packaging	Fair Trade Balanced diet for specific groups/culture
Year 9 Practical	Basic Skills	Nutrition	Healthy Snacks	Flour	British Foods	Global Foods
Year 9 Theory	Healthy Eating Food Groups	Kitchen Safety Preparation Skills	Eatwell Guide Vitamins and Minerals	Bread/Kneading Skills Pastry	Food safety/hygiene Packaging	Fair Trade Balanced diet for specific groups/culture
Year 10 Practical	Starters	Main Meals	Flour	Healthy Eating	British Foods	Global Foods
Park House Year 1 Practical	Introduction to basic skills	Nutrition	Flour	Healthy Snacks	British Foods	Deserts
Park House Year 1 Theory	Healthy Eating Food Groups	Kitchen Safety Preparation Skills	Kneading Skills Pastry	Measurements Proportions/Conversions	Food Storage	Food Preservation
Park House Year 2 Practical	Soups	Global Foods	Vegetarian	One Pot Dishes	Flour	British Foods
Park House Year 2 Theory	Healthy Eating	Fair Trade Balance diet for specific groups/culture	Packaging	Food Safety – Contamination/Bacteria/Food poisoning etc	Bread/Kneading skills Raising Agents	Food Waste and impacts on the environment

