



# Food Technology Learning Journey Map

## LIONHEART SCHOOL

### KS3



Move on to KS4

Transition to mainstream

#### Summer 2

- Making fresh Chinese Noodles from scratch – Flour/Semolina
- Unusual Fruits Tasting
- Using fresh fruits to create French Pastries – French Tarts
- Making homemade Crème Patisserie - a rich, creamy custard thickened with flour.
- Safe Knife usage in the kitchen – Cutting Methods
- Making homemade Minestrone Soup from fresh vegetable selection

#### SKILLS:

- To identify a selection of different fresh fruits
- To identify a selection of different fresh vegetables
- Practice and further develop safe knife skills and cuts of vegetables
- To make Chinese Noodles from scratch

KS3

#### Summer 1 – Looking at Food Commodities

- Fresh herbs – Rosemary, Basil, Chilli, Thyme, garlic
- Pastry – Rough Puff Pastry
- Chicken – cooking with raw chicken
- Making a Roast dinner with all the trimmings
- Fresh Herbs and Spices – How they are grown and how they can be used to flavour foods from different cultures.

#### SKILLS:

- Marinating
- Making a rough puff pastry
- Melting/crushing/grating/peeling
- Following a given recipe independently
- Cooking with fresh herbs
- Planting and caring for herbs
- Selecting and preparing basic ingredients to meet recipe requirements

KS3

#### Spring 2 – BTEC

- 84535 Pastry Making
- 80788 Making and Using Shortcrust Pastry
- 113762 Making Chocolate Eclairs
- Iced Buns using an enriched dough
- 93384 Preparing and Cooking Chicken Pies
- French Tarts using Sweet Shortcrust Pastry and Fresh Fruits

#### SKILLS:

- Measuring
- Weighing
- Whisking
- Beating
- Rubbing-in
- Creaming
- Baking/Boiling/Shallow Frying

KS3

#### Spring 1 – Cultural Cookery

- Mexico - Chicken Fajita and Nachos
- North America – Tex-Mex Chilli Con Carne
- Italy - Fresh Egg Pasta Ravioli and Tomato Sauce
- Australia – Lamingtons
- China - Chinese New Year – Year of the Dragon
- Sweet and Sour Chicken with noodles and Vegetable Spring Rolls

#### SKILLS:

- Finding countries on a world map
- Listing ingredients used for traditional dishes
- Cooking with raw chicken
- Cooking with raw pork fillet
- Making, rolling and cutting fresh pasta
- Making spring roll with filo pastry

KS3

#### Autumn 2 – Food Hygiene

- Chicken Curry and Naan Breads
- Indian Spices and ingredients
- Seekh Kebabs and Pitta Breads
- Chicken Risotto
- Designing a Pizza
- Garlic Dough Balls
- Italian Ingredients and cheeses
- Chocolate Yule Log

#### Autumn 1 – Kitchen Safety

- Quiche Lorraine
- Chicken Tikka Puffs
- Jamaican Jerk Chicken + Coconut Rice & beans
- Chinese Spring Rolls
- Individual Chocolate or Treacle Tarts
- Tomato Pasta & Garlic Bread
- Sticky Toffee Pudding

KS3

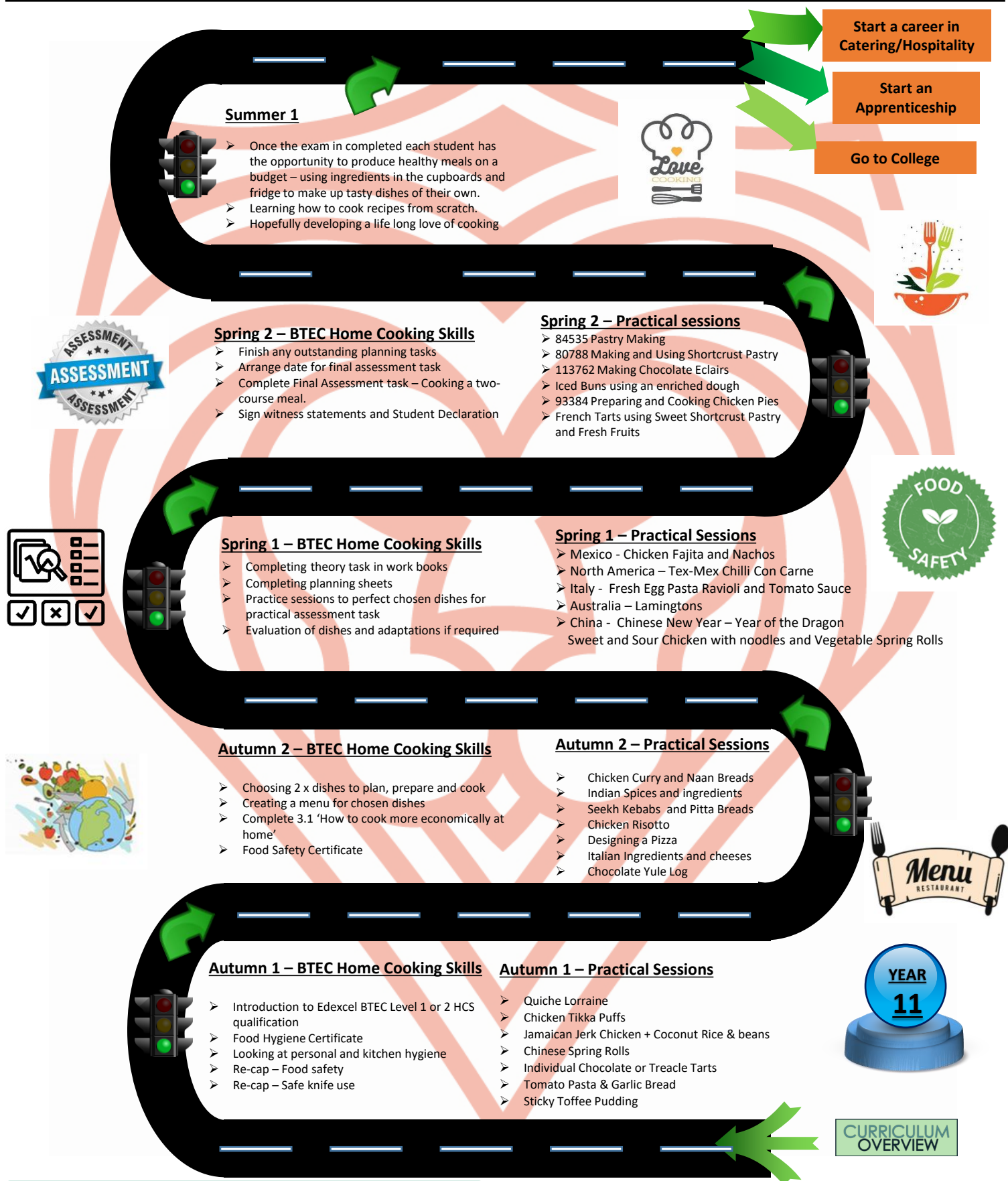
CURRICULUM OVERVIEW

#### SKILLS TAUGHT ACROSS Food Technology

- Interpersonal skills
- Food Hygiene and Personal Hygiene
- Kitchen Safety
- Cultural Cooking and Ingredients
- Cooking Skills and Valuable Life Skills
- Nutrition
- Healthy Eating



The Unit Award Scheme (UAS) allows all students to engage with learning and have their achievements formally recognised. Learners are rewarded with a certificate each time they successfully complete a unit of learning. They can build up a portfolio of certificates to evidence their skills, knowledge and experience. The scheme boosts confidence, increases engagement and improves motivation, helping learners to make progress on their lifelong learning journey.



#### BTEC Home Cooking Skills – Level 1 or Level 2

You will learn essential knowledge and skills such as:

- **kitchen basics:** what equipment you need and the best way to stock your store cupboard, fridge and freezer
- **food safety and hygiene:** knife safety, fridge management and rotation
- **how to shop cleverly:** shopping lists, seasonal food and planning ahead
- **preparing ingredients and understanding confusing food labels.**



Cooking is an essential life skill, empowering us to make changes that benefit our health and wellbeing. Our Home Cooking Skills courses aim to give every young person the basic skills and knowledge to be able to cook for themselves in a healthy, cost-effective way, as well as gain the confidence to share these skills with friends and family.