

Food Tech

Theme: BTEC level 2 Seasonal ingredients	Core Knowledge	Key Outcomes	Key Assessment Pieces
Key Learning/Links to NC	Pathway 1	Pathway 1	Pathway 1
	Pathway 2	Pathway 2	Pathway 2
	Pathway 3	Pathway 3	Pathway 3
	To understand how to plan a menu planning. To know which ingredients are seasonal. Looking at water in our diet	Preparation skills eg chopping, slicing, grating, peeling, mashing, beating; cooking skills. For example: roasting, frying, baking, boiling; knowing when food is cooked; presentation Follow recipe: weights and measures eg use of scales, measuring jugs and spoons; oven temperatures	Full English breakfast Minced beef with peas Lemon drizzle traybake Kung po chicken
Theme: Roasting and food sources	Core Knowledge	Key Outcomes	Next Stage of Learning
Key Learning/Links to NC	Pathway 1	Pathway 1	Pathway 1
	Pathway 2	Pathway 2	Pathway 2
	Pathway 3	Pathway 3	Pathway 3
	To know how to Roast, plan and prepare dishes cooked in an oven. To know how to use a food temperature probe. To understand the safety of preparing different foods.	To be able to using knives safely. Preparation skills eg chopping, slicing, grating, peeling, mashing, beating; cooking skills eg roasting, frying, baking, boiling;	Fricassee of Chicken- Fricassee de volaille a l'Ancienne Dauphinoise potatoes Cottage Pie Cornish Pasty

Food Tech

	To understand Food safety and hygiene: food storage eg raw meat on the bottom shelf of the fridge; food labelling eg follow storage instructions, use by dates; food preparation eg wash and dry hands before handling food, keep surfaces clean, keep raw fish and meat away from other food, cover cuts; ensuring meat is properly cooked; storing leftover food eg cooling quickly, refrigerating or freezing	knowing when food is cooked; presentation Follow recipe: weights and measures eg use of scales, measuring jugs and spoons; oven temperatures	
Theme: Sous vide	Core Knowledge	Key Outcomes	Next Stage of Learning
Key Learning/Links to NC	Pathway 1	Pathway 1	Pathway 1
	Pathway 2	Pathway 2	Pathway 2
	Pathway 3	Pathway 3	Pathway 3
	Understanding different dishes and their ingredients, flavour blends.	To be able to use a vacuum sealer and water bath. Preparation skills eg chopping, slicing, grating, peeling, mashing, beating; cooking skills eg roasting, frying, baking, boiling; knowing when food is cooked; presentation Follow recipe: weights and measures eg use of scales, measuring jugs and spoons; oven temperatures	Cod with rich tomato sauce cooked sous vide Dog fish with tomatoes- Chein de mer a la provencale) Mexican Chicken with potatoes Mixed vegetable chow mein
Theme: Two course meal	Core Knowledge	Key Outcomes	Next Stage of Learning

Food Tech

Key Learning/Links to NC	Pathway 1	Pathway 1	Pathway 1
	Pathway 2	Pathway 2	Pathway 2
	Pathway 3	Pathway 3	Pathway 3
	To know how to choose a theme. To know the difference between a starter, main course and a dessert. To be able to create a nutritional meal. To know how to prepare to cook two courses; timings, equipment, ingredients needed.	To have the ability to use the correct timings when cooking a meal. To have the skills to prep ingredients, cook and assemble two courses. Preparation skills eg chopping, slicing, grating, peeling, mashing, beating; cooking skills eg roasting, frying, baking, boiling; knowing when food is cooked; presentation Follow recipe: weights and measures eg use of scales, measuring jugs and spoons; oven temperatures	Pupils select a theme from the following and decide on two dishes: Chinese Indian French Japanese South American European
Theme: BTEC Level 2 assessment	Core Knowledge	Key Outcomes	Key Assessment Pieces
Key Learning/Links to NC	Pathway 1	Pathway 1	Pathway 1
	Pathway 2	Pathway 2	Pathway 2
	Pathway 3	Pathway 3	Pathway 3
	BTEC Level 2 assessment. Preparing a two course meal. Prepare ingredients, selecting equipment, timings, presentation	Preparing a two course meal. Prepare ingredients, selecting equipment, timings, presentation.	Pupils select two dishes to cook OR Dishes are suggested such as:

Food Tech

		Preparation skills eg chopping, slicing, grating, peeling, mashing, beating; cooking skills eg roasting, frying, baking, boiling; knowing when food is cooked; presentation Follow recipe: weights and measures eg use of scales, measuring jugs and spoons; oven temperatures	Seabass with a butter sauce with fondant potatoes and petit pois la Francois and carrot glaze Crepe Suzette
Theme: Advanced cooking	Core Knowledge	Key Outcomes	Next Stage of Learning
Key Learning/Links to NC	Pathway 1	Pathway 1	Pathway 1
	Pathway 2	Pathway 2	Pathway 2
	Pathway 3	Pathway 3	Pathway 3
	To recognise and prepare uncommon foods To use different preparation skills To carve for decoration	Use more uncommon foods. To be able to use different preparations skills. To be able to carve food for decoration.	Apple Strudel Candied Strawberry caramel cage Caramelised sweet potato Sushi Stir fried squid with chilli Salt and pepper squid