

Food Tech

Theme: Intro to BTEC Term 1	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
	<p>Year 1 of BTEC Level 2</p> <p>To know how to plan different dishes.</p> <p>To be able to plan a Nutritious two course meal.</p> <p>Create individual dishes based on knowledge of ingredients, dietary requirements and time scale.</p> <p>Work safely and hygienically.</p> <p>Work in an organised manner to follow their own time plans and Process order.</p> <p>Look at fats found in our body</p>	<p>To be able to prepare a range of different ingredients.</p> <p>To be able to work out timings and order of work.</p> <p>To be able to make changes to recipes and dishes to improve, taste, texture flavour or healthy benefits of ingredients or cooking methods</p> <p>Understand a range of different diets: eg Religion, culture, illness, allergies, young, old, pregnant, vegetarian, coeliac, gluten free, own choice.</p> <p>To be able to plan a nutritious dish</p> <p>Exam saturated fats and the effects on our bodies</p>	<p>Open Lasagne with a rich tomato and onion sauce</p> <p>Pad Thai</p> <p>Pasta Carbonara</p> <p>Parma wrapped chicken with parmentier potatoes and glazed carrots</p> <p>Peach and champagne sorbet.</p>
Theme: BTEC term 2	Core Knowledge	Key Outcomes	Key Assessment Pieces
Key Learning/Links to NC	Pathway 1	Pathway 1	Pathway 1
	Pathway 2	Pathway 2	Pathway 2

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	<p>Pathway 3</p> <p>To know how to select ingredients for a recipe To know how to tell if food is fresh To know what food is seasonal To understand food miles and where food is from To be able to source food locally To understand what a Carbon footprint is. Looking at fats found in our food</p>	<p>Pathway 3</p> <p>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 To know how to reduce our carbon footprint. To be able to examine monounsaturated fat and polyunsaturated fat</p>	<p>Pathway 3</p> <p>Pork and pearl barley stew Poulet Valle D' Auge Peri Peri Chicken Pan fried trout fillet</p>
Theme: French Cuisine Term 3	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
	<p>To have and understanding of French culinary To know how to Bake using different techniques, sweet / savoury. Baking ; understanding oven temperatures, looking at different techniques ie salt crust. Start to look at protein.</p>	<p>Combine, Knead, Mash and Whisk Use food processor. Use a knife to portion parts of meat, poultry and fish. Use a knife to segment citrus fruit eg grapefruit. Judge how long to blend for a desired consistency, e.g. some chunks, coarse, smooth.</p>	<p>Chicken Chasseur- Poulet Saute Chasseur Chocolate profiteroles Classic Ratatouille French style chicken with peas and bacon</p>

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		<p>Use an electric whisk to make meringue.</p> <p>Crimp, Cut, Roll and Pipe</p> <p>Cut out shapes with attention to making maximum use of dough without waste</p> <p>Pipe macaroons.</p> <p>Arrange, Spread, Thread and Glaze</p> <p>Layer vegetables and other mixtures, e.g. to form a terrine.</p> <p>Bake, Blanche, Grill, Roast and Steam</p> <p>Cook foods to different required states, e.g. rare, medium and well done steak</p> <p>Place, baste and remove large dishes in the oven, e.g. beef joint, roast potatoes</p> <p>Steam pudding in a saucepan, ensuring that it does not boil dry.</p> <p>Sweet and savoury dishes.</p> <p>Know what happens if you do not have enough protein in our diet.</p>	<p>Cod with a rich tomato and olive sauce-Cabillaud a la provencale</p>
Theme: Food Budget Term 4	Core Knowledge	Key Outcomes	Key Assessment Pieces
Key Learning/Links to NC	Pathway 1	Pathway 1	Pathway 1
	Pathway 2	Pathway 2	Pathway 2

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	Pathway 3	Pathway 3	Pathway 3
	To know how to create a food budget To know how to create cheap and quick dishes. Cooking economically : meal planning, buy food in season; plan ahead ; buy in larger quantities to cook and freeze. Understanding protein	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 Knowing which vegetables and fruit are high in protein	Spaghetti bolognese Fried noodles Chilli con carne Roast chicken thighs with roast potatoes, carrots and peas.
Theme: stews and casseroles	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 know how to make Stews and casseroles. To have an understanding of Food provenance Understanding the use of different cuts of meat and the benefits of slow cooking. To understand which different flavour combinations work Looking at fats	Combine, Knead, Mash and Whisk Use food processor. Use a knife to portion parts of meat, poultry and fish. Judge how long to blend for a desired consistency, e.g. some chunks, coarse, smooth. What are trans-fat	Chicken Casserole Pork and pearl barley stew Risotto with chicken Lancashire hot pot

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Theme: Pasta Term 6	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
	<p>Use culinary French To understand the history of pasta, different types of pasta. To understand and recognise the names and shapes of pasta. To know that you can change the colour of pasta, ie squid ink. To know that rapid boiling is only suitable for some foods, such as rice and pasta, and simmering is better for vegetables, as it is less damaging Looking at calcium</p>	<p>To be able to make pasta dough. To be able to use a pasta making machine To be able to make different types of pasta To be able to drain, Portion, Garnish and Dress To be able to thoroughly clean work surfaces and kitchen area of all equipment and debris sweep floor, empty bins Know why our body needs calcium Sources of calcium Calcium deficiency</p>	<p>Squid ink pasta Spicy tomato pasta Spaghetti and meatballs Ricotta and lemon ravioli Pasta with a rustic sauce Pasta with aubergine -Pasta a la languedoc</p>