



Curriculum Overview KS4

Food

At Forest Moor we offer an environment that can help positively shape how children think about food and eating. Food technology allows pupils to explore their creativity using a range of materials and techniques.

In food technology lessons, pupils are given the opportunity to understand and apply the principles of nutrition and health.

In KS4 the pupils will have the opportunity to complete the BTEC level 2 home cookery course. The focus of the course is on the development of skills which are essential for cooking food successfully at home. It therefore requires learners to have practical experience throughout. It gives the pupils the opportunity for learners to develop and practise their cooking skills and learn how to prepare and cook food safely. learners to develop different types of cooking skills. This hands-on approach supports active learning and will enable learners to develop confidence and build up competence throughout the course. Each lesson will include many aspects of cooking, including but not limited to, following a recipe, which includes selecting ingredients, measuring ingredients and using correct cooking temperatures and timings, discussions about food sourcing, nutrition, hygiene and food labelling of the ingredients involved in each recipe.

On completion of the course and a level 2 award, pupils could open up avenues into many different hospitality and catering ventures. These may include, catering college, apprenticeship in the hospitality and catering industry or catering in the forces.

They will experience many different cooking skills and techniques as well as broadening their scope for cooking a variety of different meals and recipes from many cultures that will give them the skills to be able to cook for themselves or family and friends in everyday life that awaits them.



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Year 1

Autumn	Hygiene and safety, balanced diets, healthy lifestyles							Healthy cooking methods, budget and nutrition						
	Food hygiene & health and safety	Food hygiene & health and safety	Food hygiene & health and safety	Food groups – eatwell plate	Balanced diets – using the eatwell guide.	Balanced diets - and food groups	Balanced diets – cooking healthily	Cooking methods – grilling	Cooking methods – steaming	Cooking methods – shallow frying	Cooking methods – calorie counting	Shopping for families, smart shopping.	Shopping for a family	Costing ingredients
Spring	Healthy meals, adapting recipes, nutrition							Multi-cultural foods and diets						
	Nutritional planning	Adapting recipes to increase nutrition	Healthy lunches	Adapting recipes – sauces in a dish	Adapting recipes – special diets	Adapting recipes – healthy options	Healthy options – dinner recipes	Healthy options – Mediterranean diets	Healthy options – diabetic diets	European cuisine	Vegetarian diet			
Summer	Balanced diet and alternatives							Religious foods cooking, food safety and seasonal cooking						
	Meat recipes	Meat recipes	Vegetarian alternatives	Vegetarian alternatives	Vegan diet	Sustainable eating	Sustainable eating	Alternative religion recipes & food safety	Alternative religion recipes & food safety	Alternative religion recipes & food safety	Preparing for assessment	Seasonal produce in recipes - summer foods	Seasonal produce in recipes – summer foods	Seasonal produce and ways of cooking – summer foods