



KS3 Curriculum Overview - Food Technology

Your child will learn about understanding and applying the principles of nutrition and health. They will develop and apply practical knowledge, skills and understanding of processes used to cook a repertoire of predominantly savoury dishes during each half term, with a focus on seasonality and sustainability.

Term	Year 9
Autumn	Introduction / Health & Safety - Food & personal hygiene. Health & safety. Food safety - Knife skills licence - Food choice / provenance - Nutrition. The eatwell guide. Government 8 top tips for healthy eating - Muffin evaluation - Bread science / theory - Ragu / Shortbread/ Muffins / Pizza / Mince pies
Spring	Cafe Culture - Cafe culture project - Product evaluation and star profiling - Menu planning. Time plans - Food label legislation - The '6 Rs' Reduce, Reuse, Recycle, Refuse, Rethink and Repair - Goujons / Pasta bake/ Cafe culture savoury & Sweet dish / Swiss Roll
Summer	Foods from around the world - School lunches around the world - Sensory analysis - Food choice - Spaghetti bolognese / Chicken fajitas / Chicken tikka masala

Through the study of Food technology your child will be expected to develop the following knowledge, skills and understanding:

Concept / Skill 1	Concept / Skill 2
- Research, analysis & evaluation - Understanding the relationship between diet, health, and well-being	- Developing practical preparation and cooking skills - Communication & presentation techniques

Parents can support their child by: checking resources and ingredients required and deadlines on Google Classroom, encouraging attendance to Year 9 Bake Club (Tuesday 3.15 - 4.45pm), encouraging them to practise the techniques learnt at school at home and purchase and weigh ingredients required for practical lessons.