KS3 Food Technology

In KS3, students have 1 lesson per week in Design and Technology on a rotation system. Students will complete 13 weeks in each specialism before moving to the next area. The project has a mix of practical and theoretical where students will learn to understand and apply the principles of nutrition and health. They will cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet. Lessons are designed so that students can become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]. We also look at understand the source, seasonality and characteristics of a broad range of ingredients.

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| YEAR 7 | | | | | | | | | | | | |
| WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 | WEEK 5 | WEEK 6 | WEEK 7 | WEEK 8 | WEEK 9 | WEEK 10 | WEEK 11 | WEEK 12 | WEEK 13 |
| HEALTH AND SAFETY | WEIGHING DRY INGREDIENTS | COUS-COUS | RASPBERRY BUNS | VEGETABLE PASTA BAKE | SCONES | THEORY | FRUIT MUFFINS | PINEAPPLE UPSIDE DOWN CAKE | FISH FINGERS AND WEDGES | NACHOS | SAUSAGE ROLLS | THEORY |
| Vegetable stock cube  Cous-cous  Tomato  Spring onion  Cucumber  Pepper | Flour  Sugar  Margarine/butter  Milk  Raspberry jam (strawberry may be used as an alternative) | Dried pasta  Oil  Onion  Pepper  Garlic  Tomato puree  Tomatoes  Hard cheese | Flour  Margarine/butter  Sugar  Milk  Sultanas  Glazed Cherries  Cheese (if making savoury)  Egg (maybe used as a glaze) | Flour  Baking powder  Caster sugar  Milk  Egg  Oil  Dried fruits | Eggs  Sugar  Margarine  Flour  Pineapple  Golden Syrup  Glazed Cherries | Fish  Egg  Potato  Mixed Herbs  Oil  Flour  Breadcrumbs | Beef mince  Cheese  Kidney beans  Passata  Cumin  Chilli | Egg  Sausages  Puff pastry |

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| YEAR 8 | | | | | | | | | | | | |
| WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 | WEEK 5 | WEEK 6 | WEEK 7 | WEEK 8 | WEEK 9 | WEEK 10 | WEEK 11 | WEEK 12 | WEEK 13 |
| HEALTH AND SAFETY  Introduction | CHAPATIS | PANCAKES | VEGETABLE STIR FRY | TIRAMISU | FLAT BREAD PIZZA | THEORY | BURGER | CHEESECAKE | PAELLA | PASTIES | PASTIES | THEORY |
|  | Flour  Milk  Eggs  Oil | Chili  Garlic  Ginger paste  Onion  Pepper  Oil  Soy sauce  Prebought straight to wok noodles  Savoy cabbage |  | Prebought naan breads  Passata  Mixed herbs  Onion  Pepper  Pepperoni | Beef mince  Onion  Bread roll (pre-bought)  Optional items to build the burger:  Lettice  Onion  Tomato  Ketchup  Mayonnaise  Cheese slice | Digestive biscuits  Margarine  Double cream  Soft cheese (Philadelphia style)  Sugar  Chocolate for decroation | Oil  Onion  Paella  /risotto rice  Chopped tomatoes  Chicken stock  Peppers  Paprika | Egg  Flour  Butter | Cheese  Onion – Spring onion might be an alternative |

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| YEAR 9 | | | | | | | | | | | | |
| WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 | WEEK 5 | WEEK 6 | WEEK 7 | WEEK 8 | WEEK 9 | WEEK 10 | WEEK 11 | WEEK 12 | WEEK 13 |
| HEALTH AND SAFETY  Introduction | CHAPATIS | CHOC CHIP COOKIES | SWEET AND SOUR CHICKEN | HASSLEBACK POTATOES | SPAGHETTI BOLOGNESE | THEORY | PIZZA | PIZZA | CURRY | GATEAUX | GATEAUX | THEORY |
| Flour  Salt  Oil | Butter  Sugar  Egg  Vanilla Extract  Flour  Baking Powder  Chocolate Chips | Chicken  Onions – Spring onion may be used  Carrot  Garlic  Pepper  Pineapple chunks  Onge juice  Vinegar  Soy sauce  Corn flour  Five spice powder | Potato  Oil  Options  Garlic  Rosemary  Chilli | Beef mince  Garlic  Onion  Pepper  Carrot  Mushrooms  Chopped tomatoes  Tomato puree  pasta | Flour  Yeast  Sugar  Oil  Salt  Cheese  Tomato puree/passata  Optional  Onion  Peppers  Pepperoni | | Onion  Garlic  Potato  Oil  Cury Paste  Chickpeas  Spinach  Tinned tomatoes | Eggs  Sugar  Flour  Margarine  Chocolate  Double cream  Chocolate  Glazed cherries | |