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 cubeCous-cousTomatoSpring onionCucumberPepper | FlourSugarMargarine/butterMilkRaspberry jam (strawberry may be used as an alternative) | Dried pastaOilOnionPepperGarlicTomato pureeTomatoesHard cheese | FlourMargarine/butterSugarMilkSultanasGlazed CherriesCheese (if making savoury)Egg (maybe used as a glaze) | FlourBaking powderCaster sugarMilkEggOilDried fruits | EggsSugarMargarineFlourPineappleGolden SyrupGlazed Cherries | FishEggPotatoMixed HerbsOilFlourBreadcrumbs | Beef minceCheeseKidney beansPassataCuminChilli | EggSausagesPuff 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 SAFETYIntroduction | CHAPATIS | PANCAKES | VEGETABLE STIR FRY | TIRAMISU | FLAT BREAD PIZZA | THEORY | BURGER | CHEESECAKE | PAELLA | PASTIES | PASTIES | THEORY |
|  | Flour MilkEggsOil | ChiliGarlicGinger pasteOnionPepperOilSoy saucePrebought straight to wok noodlesSavoy cabbage |  | Prebought naan breadsPassataMixed herbsOnionPepperPepperoni | Beef minceOnionBread roll (pre-bought)Optional items to build the burger:LetticeOnionTomatoKetchupMayonnaiseCheese slice | Digestive biscuitsMargarineDouble creamSoft cheese (Philadelphia style)SugarChocolate for decroation | OilOnionPaella/risotto riceChopped tomatoesChicken stockPeppersPaprika | EggFlourButter | 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 SAFETYIntroduction | CHAPATIS | CHOC CHIP COOKIES | SWEET AND SOUR CHICKEN | HASSLEBACK POTATOES | SPAGHETTI BOLOGNESE | THEORY | PIZZA | PIZZA | CURRY | GATEAUX | GATEAUX | THEORY |
| FlourSaltOil | ButterSugarEggVanilla ExtractFlourBaking PowderChocolate Chips | ChickenOnions – Spring onion may be usedCarrotGarlicPepperPineapple chunksOnge juiceVinegarSoy sauceCorn flourFive spice powder | PotatoOilOptionsGarlicRosemaryChilli | Beef minceGarlicOnionPepperCarrotMushroomsChopped tomatoesTomato pureepasta | FlourYeastSugarOilSaltCheeseTomato puree/passataOptionalOnionPeppersPepperoni | OnionGarlicPotatoOilCury PasteChickpeasSpinachTinned tomatoes | EggsSugarFlourMargarineChocolateDouble creamChocolate Glazed cherries |