



<p>Subject Overview</p>	<p>During Years 7 and 8 at Philip Morant School, Food Technology students are introduced to the fundamental principles of the subject through a carefully structured blend of theory lessons, teacher-led demonstrations, and hands-on practical sessions. In theory lessons, students explore key concepts such as nutrition, food safety, hygiene and factors affecting food choice, building a strong understanding of how and why we prepare food in certain ways. Teacher demonstrations provide clear, step-by-step guidance, allowing students to observe professional techniques, understand timing, and learn correct methods for preparing and cooking a variety of dishes.</p> <p>Practical lessons give students the opportunity to put theory into practice, applying their knowledge while developing essential kitchen skills. In Term 1, students focus on knife skills, practising safe handling, a range of cutting techniques which are then applied when preparing a leek and potato soup, allowing them to combine precision, timing, and hygiene. In Term 2, students develop their cooking, organisation, and presentation skills through pasta ragu, practising accurate weighing, measuring and sauce preparation. In Term 3, they are challenged to plan, prepare, and cook a curry, applying more advanced skills, including recipe adaptation, ingredient selection, and combining flavours while maintaining food safety and hygiene standards.</p> <p>Alongside technical skills, students learn to work safely and hygienically, respecting equipment, ingredients, and their peers. The lessons foster a positive classroom culture where students feel they belong, are prepared and can contribute respectfully, creating a safe and supportive environment for learning. Throughout the topics, students are encouraged to develop confidence, independence, and pride in their work. They learn to problem-solve, manage time effectively, and make thoughtful decisions about ingredients and methods.</p> <p>These foundational skills are directly linked to the WJEC Level 1/2 Hospitality and Catering course. By practising them early through carefully structured practical tasks students build a strong platform for GCSE study, ensuring they are confident, competent, and well-prepared to progress to more advanced culinary techniques and hospitality practices.</p>	
<p>Curriculum Intent & Skills</p>		
<p>Autumn 1</p>	<p>Theory - Health, Safety and Hygiene Practical - Knife skills and Leek & potato soup</p> <p>The focus for the first half term is health, safety, and hygiene in a food preparation environment, alongside essential practical skills. The theory section covers risk assessments, personal hygiene, and food safety to ensure safe working practices. Students learn about preventing contamination, maintaining cleanliness, and following safety procedures in the kitchen.</p>	<p><u>Skills practiced</u></p> <ul style="list-style-type: none"> - Personal hygiene and safe working practices - Identifying hazards - Food safety principles - Understanding high-risk foods and temperature control - Correct knife grips and holds and safe handling - Accurate knife skills - Boiling and simmering - Organisation and time management in the kitchen



	<p>The practical element develops knife skills, including correct grip, cutting techniques, and safe handling. These skills are applied while preparing a leek and potato soup, allowing students to practise accurate chopping, safe cooking methods, and good organisation. The lesson encourages safe, confident cooking while reinforcing the importance of hygiene and safety in food preparation.</p>	<p>- Applying hygiene and safety knowledge in practice</p> <p><u>Assessment objectives</u></p> <p>Explain the importance of health, safety, and hygiene in a food preparation environment.</p> <p>Identify potential risks in the kitchen and describe how to carry out risk assessments.</p> <p>Demonstrate proper personal hygiene and safe food handling practices.</p> <p>Apply food safety knowledge to prevent contamination and maintain cleanliness.</p> <p>Demonstrate correct knife skills, including bridge hold, claw grip, cutting techniques, and safe handling.</p> <p>Prepare leek and potato soup using safe cooking methods.</p> <p>Show effective organisation, time management, and confidence while cooking.</p>
<p>Autumn 2</p>	<p>Theory - Vitamins & Carbohydrates Practical - Victoria sponge and Rice and pasta cookery</p> <p>This half term students are introduced to the theory of vitamins and carbohydrates and their importance in a balanced diet. Students learn about different types of vitamins, their functions, and food sources, as well as the role of carbohydrates as a key energy provider.</p> <p>The practical session focuses on developing cooking skills through making a Victoria sponge cake and preparing rice and pasta dishes. Students practise accurate measuring, mixing, and baking techniques, while also learning correct boiling and timing methods. Emphasis is placed on food safety, organisation, and</p>	<p><u>Skills practiced</u></p> <ul style="list-style-type: none"> - Understanding different types of vitamins and their functions - Identifying carbohydrate sources and their role in energy provision - Recognising the importance of a balanced diet - Accurate weighing and measuring - Baking - Cooking rice and pasta using correct boiling and timing methods - Food hygiene, safety, and organisation <p><u>Assessment objectives</u></p> <p>Identify different types of vitamins and explain their functions and food</p>



	<p>presentation, helping students apply nutritional knowledge to practical cooking tasks.</p>	<p>sources.</p> <p>Describe the role of carbohydrates in providing energy in a balanced diet.</p> <p>Demonstrate accurate measuring, mixing, baking, and boiling techniques.</p> <p>Apply correct timing and heat control when cooking rice and pasta.</p> <p>Follow food safety and hygiene rules throughout practical sessions.</p> <p>Show effective organisation and time management when cooking.</p> <p>Evaluate the quality, texture, and presentation of finished dishes.</p>
<p>Spring 1</p>	<p>Theory - Ready made components & Cereals and grains Practical - Pasta ragu and shortbread</p> <p>In the Spring term, students explore the advantages and disadvantages of using ready-made components in food preparation. They learn how these ingredients can save time and money while also considering drawbacks such as the reduced nutritional value, helping them make informed cooking choices. The pasta ragu practical lesson allows students to discover for themselves the benefits of cooking fresh.</p> <p>Students then focus on cereals and grains, developing their carbohydrate knowledge. They learn about different types of products, their nutritional benefits and how they can be commonly used in cooking. In the practical session, students prepare and bake shortbread biscuits, developing skills such as weighing, mixing and baking. Emphasis is placed on organisation and the accuracy of their weighing and measuring.</p>	<p><u>Skills practiced</u></p> <ul style="list-style-type: none"> - Understanding advantages and disadvantages of ready-made components - Identifying types and nutritional value of cereals and grains - Making informed ingredient choices - Recalling cooking techniques - boiling, simmering and baking - Organisation, time management, and presentation - Applying hygiene and safety knowledge <p><u>Assessment objectives</u></p> <p>Identify and explain the advantages, and disadvantages of ready-made components.</p> <p>Describe different cereals and grains and recognise their nutritional value and culinary uses.</p> <p>Demonstrate safe and hygienic working practices throughout the lesson.</p> <p>Accurately weigh, measure, and prepare ingredients..</p>



		<p>Apply appropriate cooking techniques, including simmering and baking.</p> <p>Work independently and manage time effectively.</p> <p>Evaluate the quality, taste, and presentation of the finished dishes.</p>
<p>Spring 2</p>	<p>Theory - Healthy eating Practical - Vegetable chow mein</p> <p>This topic focuses on healthy eating, teaching students about the principles of a balanced diet and the importance of including a variety of nutrients. Students learn the government guidelines for a healthy diet and lifestyle which includes how to plan meals that provide essential vitamins, minerals, protein, carbohydrates, and healthy fats while managing portion sizes.</p> <p>The practical element of this topic involves preparing a vegetable chow mein. Allowing students to apply their knowledge by selecting nutritious ingredients and cooking them using healthy cooking methods. Emphasis is placed on food safety, hygiene, the use of the correct knife skills for each ingredient and linking healthy eating principles to create balanced dishes.</p>	<p><u>Skills practiced</u></p> <ul style="list-style-type: none"> - Understanding principles of a balanced diet - Identifying nutrients and their functions - Planning nutritious meals - Selecting and preparing nutritious ingredients - Stirfrying - Food safety, hygiene, and timing - Organisation and presentation skills <p><u>Assessment objectives</u></p> <p>Explain the principles of healthy eating and the importance of a balanced diet.</p> <p>Identify key nutrients, their functions, and suitable food sources.</p> <p>Plan and select ingredients that contribute to a nutritious meal.</p> <p>Demonstrate safe food handling, hygiene, and correct cooking techniques.</p> <p>Prepare a vegetable chow mein using appropriate knife skills.</p> <p>Show effective organisation and time management during practical tasks.</p> <p>Evaluate the finished dish for taste and nutritional balance. Reflecting on how it meets healthy eating principles.</p>
<p>Summer 1</p>	<p>Theory - Factors affecting food choice Practical - Curry</p>	<p><u>Skills practiced</u></p> <ul style="list-style-type: none"> - Understanding influences on food



	<p>The summer term starts with exploring the factors that influence food choice, helping students understand why people select certain foods over others. Students learn about personal preferences, cultural influences, dietary requirements, cost, availability, and ethical or environmental considerations that impact food decisions.</p> <p>The practical element focuses on preparing a curry, allowing students to apply this knowledge by choosing appropriate ingredients and adapting recipes to suit different needs. Students develop their practical skills whilst linking theoretical understanding of food choice to create a curry dish.</p>	<p>choice</p> <ul style="list-style-type: none"> - Making informed decisions about meals - Selecting and preparing ingredients based on dietary and cultural needs - Applying safe cooking techniques - Organisation, timing, and presentation skills - Creativity and problem-solving in recipe adaptation <p><u>Assessment objectives</u></p> <p>Explain the factors that influence food choice, including personal preference, culture, dietary needs, cost, availability, and ethical or environmental considerations.</p> <p>Demonstrate the ability to plan and adapt recipes to meet specific requirements.</p> <p>Select suitable ingredients for a curry based on nutritional and personal considerations.</p> <p>Apply safe food handling, hygiene, and cooking techniques during practical work.</p> <p>Prepare a curry using correct methods, timing, and organisation.</p> <p>Evaluate the finished dish for taste, presentation, and how well it meets the intended dietary or cultural requirements.</p>
<p>Summer 2</p>	<p>Theory - Allergies & Dietary requirements Practical - Sausage rolls</p> <p>The last topic focuses on allergies and dietary requirements, helping students understand the importance of catering for different needs. Students learn about common food allergies, intolerances, and special diets and how to adapt dishes to suit a customer's needs.</p> <p>The practical involves preparing sausage rolls, allowing students to apply their</p>	<p><u>Skills practiced</u></p> <ul style="list-style-type: none"> - Identifying common allergies, intolerances, and special diets - Understanding the importance of catering for dietary needs - Adapting recipes - Selecting appropriate ingredients and alternatives - Accurate weighing, measuring, rolling and baking - Applying food hygiene and safety practices - Organisation, timing, and



	<p>knowledge by selecting appropriate ingredients and considering alternative options to accommodate dietary needs.</p>	<p>presentation skills - Evaluating the dish for suitability and taste</p> <p>Assessment objectives</p> <p>Identify common food allergies, intolerances, and special dietary requirements.</p> <p>Explain the importance of catering for different dietary needs in food preparation.</p> <p>Demonstrate how to adapt recipes and select suitable ingredients to meet specific dietary requirements.</p> <p>Apply safe food handling, hygiene, and cooking techniques when preparing dishes.</p> <p>Prepare sausage rolls accurately, considering alternative ingredients.</p> <p>Show effective organisation, timing, and presentation skills during practical work.</p> <p>Evaluate the finished dish for suitability, taste, and how well it meets dietary needs.</p>
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Additional Information	
<p>Assessment</p>	<p>All assessments in Food Technology are practical, allowing students to demonstrate their skills, knowledge, and understanding through hands-on cooking tasks. Each term focuses on specific practical competencies aligned with the curriculum.</p> <p>Term 1 – Knife Skills: Students are assessed on their ability to handle knives safely and accurately, demonstrating correct grips and techniques. Emphasis is placed on precision, speed, safety, and hygiene.</p> <p>Term 2 – Pasta Ragù: Assessment focuses on the preparation and cooking of a pasta ragù dish. Students are evaluated on their preparation skills, cooking techniques, timing, organisation, and the presentation of the finished dish.</p> <p>Term 3 – Curry: Students are assessed on their ability to plan, prepare, and cook a curry dish. Assessment includes safe use of equipment, combining of ingredients, applying appropriate cooking methods, adapting recipes where necessary and presenting a balanced, visually appealing dish.</p>



Year 7 and 8 Food Technology

	These assessments allow students to apply theory knowledge in practical contexts, developing confidence, independence, and essential culinary skills.	
Inclusion	In Food Technology lessons at Philip Morant School, inclusion ensures every student can participate, succeed, and feel valued. Lessons use a variety of teaching methods to support different learning styles and abilities. Practical tasks are adapted to meet individual needs, including dietary, cultural, or allergy requirements. By fostering a safe, supportive, and respectful environment, students are encouraged to engage fully, develop independence and build practical skills.	
Homework Structure	Homework tasks are designed to foster independence and enhance both learning and organisational skills, preparing students for adult life. Students are asked to create ingredient lists with quantities for upcoming practicals, shop for themselves, check best-before and use-by dates, assess freshness, calculate costs and consider suitable ingredient alternatives when needed. Ingredients lists are shared on google classrooms for students.	
Online resources	Researching recipes - BBC Good Food Some useful videos that link to topics - Bitesize - Food Prep and Nutrition	
Extra Reading	How Food Works: The Facts Visually Explained Science You Can Eat: Putting what We Eat Under the Microscope The Story of Food	
Enrichment	Students are encouraged to replicate the practical lessons at home, allowing them to further develop and demonstrate their culinary skills.	