

## BTEC Level 1 Food Technology

Last updated 01.11.21

	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Year 10/1	<b>Food Safety and Preparation</b> 7 Weeks	<b>Factors affecting food choice</b> 8 Weeks	<b>Sourcing food</b> 6 Weeks	<b>Selecting Ingredients</b> 6 Weeks	<b>Food Presentation</b> 6 Weeks	<b>International Food, culture and tradition</b> 5 Weeks
Theory	Health and Safety in the Kitchen Food Hygiene Developing Knife Skills	Preparing meals on a budget Food Costing Food intolerance and allergies Dietary requirements	Where does our food come from? Fairtrade Ethical purchasing Food certifications and assurance schemes	Diet and nutrition The Eatwell Guide Seasonality Costing and Selecting ingredients Food labelling	Preparing a two course meal idea for a new Southern European restaurant (Choice of three scenarios) Creating and preparing tapas Costing of ingredients Menu design	Roles of food in religion (Islam, Sikhism, Judaism, Hinduism, Buddhism, Seventh day Adventist church and Rastafari movement) British and International Cuisines
Practical	Piri Piri Pizza Shakshuka Shish Tawook Halloumi salad Vegan Paella Halloween Bake	Lasagne Spag bol & Garlic bread Sunday Roast Chicken Pie Gingerbread House (Assessment dish)	Strawberry mousse Pasteis de nata Koulourakia Cookies Donauwellen Cake French Crepes Appel taart	Falafel pittas Poached Salmon Veg and rigatoni salad Broccoli Fried Rice Fruit cobbler Banana Bread	Patatas Bravas Frittata Huevos a la flamenca Asparagus bruschetta Pan seared scallops	Vegetable Soup Vegetable Biryani Meatball Pasta Vegan Stuffed Peppers Kofta and Rice

<p>Knowledge</p>	<p><b><u>Knowledge</u></b></p> <p>Food contamination, bacteria growth, food poisoning types.</p> <p>Recap on Kitchen Safety &amp; Hygiene building on prior knowledge from (Year 10)</p> <p>Food storage recap</p>	<p><b><u>Knowledge</u></b></p> <p>Factors that affect food choice e. g religion, culture, health, allergies and age</p> <p>Adapt and select ingredients to suit different dietary needs</p> <p>Identify ways to pass on information about home cooking</p>	<p><b><u>Knowledge</u></b></p> <p>Where food comes from- grown, caught, reared and gathered</p> <p>How do we source our food commodities in the UK</p> <p>Fresh, frozen, organic, free range, local and seasonal ingredients.</p> <p>Knowing the journey of fairtrade food items</p> <p>Understanding food certifications</p>	<p><b><u>Knowledge</u></b></p> <p>Importance of healthy eating Healthy eating</p> <p>Understanding the eat well guide building on prior knowledge (KS3)</p> <p>Understanding food labels and the importance of the information found on a food label</p> <p>Identifying the importance of breakfast</p> <p>Food preparation skills- Cereals e.g. porridge, doughs, batter etc</p>	<p><b><u>Knowledge</u></b></p> <p>Identifying unfamiliar ingredients</p> <p>Designing a bespoke menu</p> <p>Selecting and costing ingredients</p>	<p><b><u>Knowledge</u></b></p> <p>Identifying unfamiliar ingredients</p> <p>Experimenting with marinades and seasoning</p> <p>Selecting seasonal ingredients</p> <p>Identify ways to pass on information about home cooking</p>
<p>Skills</p>	<p>Recap on knife techniques and developing competency using different knives</p> <p>Applying health and safety measures whilst preparing, cooking and storing food</p> <p>Selecting appropriate ingredients to compliment dishes.</p> <p>Independent working, preparing and</p>	<p>Safe food preparation, applying safety measures for severe allergies</p> <p>Evaluation skills e. g identifying good and bad things about the recipe and how this can be improved</p> <p>Independent working, preparing and presenting food in a professional manner.</p>	<p>Applying health and safety measures whilst preparing, cooking and storing food</p> <p>Food preparation- regional and cultural meals/snacks</p> <p>Evaluation skills e. g identifying good and bad things about the recipe and how this can be improved</p> <p>Selecting appropriate fairtrade ingredients and developing recipes for an organised Fairtrade breakfast morning.</p>	<p>Applying health and safety measures whilst preparing, cooking and storing food</p> <p>Adapting recipes to make them healthier or more balanced</p> <p>Independent working, preparing and presenting food in a professional manner.</p>	<p>Food preparation- regional and cultural meals/snacks</p> <p>Applying health and safety measures whilst preparing, cooking and storing food</p> <p>Presentation skills. Creating a two course meal to a restaurant standard.</p> <p>Preparing more than one dish at a time</p>	<p>Applying health and safety measures whilst preparing, cooking and storing food</p> <p>Food preparation- regional and cultural meals/snacks</p> <p>Presentation skills. Creating garnishes.</p> <p>Preparing more than one dish at a time.</p> <p>Critiquing food using appropriate descriptive language</p>

	presenting food in a professional manner.		Independent working, preparing and presenting food in a professional manner.		<p>Working as a catering team towards a set brief</p> <p>Evaluation skills e. g Peer evaluation, identifying strengths and weaknesses during assessment.</p> <p>Providing constructive feedback of peer recipe pitches</p>	Independent working, preparing and presenting food in a professional manner.
Assessment	Pupils knowledge and understanding is supported and assessed through the use of formative and summative assessments, ensuring our pupils know more and remember more.					