LATHOM HIGH SCHOOL

Curriculum Outline
Food Technology
2026/27

	Term 1	Term 2	Term 3
Year 7 **Design Brief:** You have been asked to design and make a range of products which would be suitable to be served in a Teenager's Lunch Box.	**Food Hygiene:** **Knowledge** Students will explore health and safety in the kitchen by learning about and demonstrating safe use of equipment including their functions. **Key words include:** **Hygiene** **Knives** **Hazards** **Key Skills** **Practical:** Couscous salad Pizza Palmier Breakfast Muffin **Assessment:** Knife skills	**Food Safety:** **Knowledge** Students will explore bacteria and associated links to food poisoning including types, symptoms, causes, on-set times and risk reduction methods. **Key words include:** **Symptoms** **Salmonella** **Bacteria** **Contamination** **Key Skills** **Practical:** Chicken Goujons Savoury Sausage Swirls Rock Cakes **Assessment:** High risk food – use of a food thermometer	**Food, Nutrition and Health:** **Knowledge** Students will explore nutrition including both macronutrients, their functions in the diet and how they contribute towards supporting a healthy balanced diet and deficiencies. Students will explore seasonality and primary and secondary processing of ingredients. **Key words include:** **Nutrition** **Macronutrients** **Deficiencies** **Key Skills** **Practical:** Oaty Biscuits Focaccia Quesadilla **Assessment:** Macronutrients – identify large sources of energy in processing of ingredients

Year 8

Design Brief:
Design and make a range of products which show your understanding of Street Food from around the World

Food Choice:

Knowledge
Students will develop their knowledge and understanding of food choice, including various social, cultural and religious factors that can influence or affect food choices.
Key words include:
Culture
Vegetarian
Vegan
Islam
Hinduism
Judaism

Key Skills
Practical:
Classic Ragu
Jambalaya
Garlic Dough Balls

Assessment:
Chopping and sauce making

Food Science:

Knowledge
Students will explore the science behind cooking including heat transference, food storage, preservation and different cooking methods. Students will analyse the functional and chemical properties and working characteristics of the ingredients they cook with.
Key words include:
Dextrinisation
Coagulation
Maillard Reaction

Key Skills
Practical:
Twisted savoury scones
Samosas
Cinnamon Swirls

Assessment:
Measuring and weighing

Food, Nutrition and Health:

Knowledge
Students will continue to explore micronutrients and their associated functions and deficiencies to coincide with practical elements.
Key words include:
Consumption
Micronutrients

Key Skills
Practical:
Lemon Drizzle
Mexican pockets
Calzone

Assessment:
Creating a dough, baking and shaping

Year 9	Food Sustainability and the Environment:		Food Miles, Processing and Production:		British Cuisines:	
Design Brief: You have been asked to design and make a range of products which show your understanding of Seasonality and Regional Foods.	**Knowledge** Students will develop their knowledge and understanding of food and the environment including sustainability, food security and the impact of food waste. **Key words include:** **Provenance** **Sustainability** **Security** Case Studies – The journey of meat **Key Skills** **Practical:** Butterfly Chicken Fruit Cobbler Cornish Pasties **Assessment:** Accuracy and precision		**Knowledge** Students will develop their knowledge and understanding of the environmental impacts of food miles, primary and secondary processing and production origins. **Key words include:** **Carbon footprint** **Primary Processing** **Secondary Processing** Case Studies – The journey of fruit and vegetables **Key Skills** **Practical:** Vegetable Risotto Shortbread Scouse **Assessment:** Cooking Techniques		**Knowledge** Students will develop their knowledge and understanding of British cuisines. Students will continue to develop a repertoire of practical skills. **Key words include:** **Seasonality** **Foraging** **Cuisine** **Authentic** Case Studies – The journey of Dairy **Key Skills** **Practical:** Chorley cakes Cottage pie School cakes **Assessment:** Independence and time management	

	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
Year 10	**Knowledge:** Students will focus on the importance of food, nutrition and health, discerning excess and deficiency and links to medical health. Students will focus on Macronutrients (Protein, Carbohydrates and Fat), and Micronutrients (Vitamins, Minerals and Trace Elements). In addition, students will also explore energy balance and making informed food choices. **Technical Practical Skills:** Bread making Pastry Making Vegetable precision **Assessment:** End of module 1	**Knowledge:** Students will develop their knowledge and understanding of food choice, including various social, cultural and religious factors that can influence or affect food choices. Students will explore climate and sustainability and links to British and International cuisines. **Technical Practical Skills:** Pasta Making Sauce Making Raising agents Aeration **Assessment:** End of module 2	**Knowledge:** Students will focus on the practices, methods and underpinnings of food safety and food hygiene. Students will explore food spoilage and contamination, including microorganisms, pathogens and the signs of food spoilage. In addition, students will also explore quality control, HACCP and the storage of food. **Technical Practical Skills:** Jointing a chicken Emulsification Shortening Gluten development **Assessment:** End of module 3	**Knowledge:** Students will explore the science behind cooking including heat transference, food storage, preservation and different cooking methods. Students will analyse the functional and chemical properties and working characteristics of proteins, carbohydrates, fats and raising agents. **Technical Practical Skills:** Filleting a fish Caramelisation Enzymic browning **Assessment:** End of module 4	**Knowledge:** Students will explore food provenance with links to food sources, food miles and the environment. Students will also gain an understanding of sustainability and food production methods, including technological developments and links to industry. **Technical Practical Skills:** Setting a mixture Gelatinisation Coagulation Technical challenge **Assessment:** End of module 5	**Knowledge** Students will focus on food preparation skills, including knife and technical skills (butchering meat, filleting fish, making pasta, developing pastry and sauces. Students will develop a portfolio of evidence including time planning, sensory and nutritional analysis. NON-EXAM ASSESSMENT (NEA): Assessment Time plan 2-hour Practical under assessment conditions Evaluation

YEAR 11

Autumn Term	Spring Term	Summer Term
Non-examination Assessment 1 (NEA 1) **Food Science Investigations** Students will develop a written portfolio of evidence which underpins the theoretical principles of food science, including the working and functional characteristics of ingredients in line with AQA Non-examination Assessments. Students will complete in-depth analysis and evaluation of practical food science investigations. All of which will be completed within an allocated time frame.	**Non-examination Assessment 2 (NEA 2)** **Food Preparation Assessment** Students will develop a second written portfolio of evidence which showcase their practical skills, knowledge and understanding of food preparation, nutrition and health. Students will research key finding to support their chosen title which will enable the students to plan, prepare, cook, present and evaluate at least three dishes for their practical assessment. **Final Practical Exam**	**Revision** Once NEA 1 and NEA 2 are completed and finalised. Students will have the opportunity to participate in revision sessions which focus on the five key areas of learning as GCSE: Food, Nutrition and Health, Food Science, Food Safety, Food Provenance and Food Choice. **Exam**