



Year 9

Pathway 2/3/4

Food Technology - Autumn Term

Learning Intention: Food Groups: Cereal/Grains

Students will be focusing on different parts of food groups over the years in 7,8 and 9. This term they will be focusing on cereals and grains. They will be learning about what these foods are and the importance they have on our diet. They will be learning about where these foods come from and the cycle of harvesting. Students will also explore these foods by making a variety of dishes. They will have the opportunity to keep extending their culinary skills in their practical lessons.

Key knowledge that should be learned during this SoW

All

Most

Some

Concept:

To learn about the importance of cereals and grains in our diet. What are these foods and where do they come from. They will go on to learn about harvesting. Students will continue to build on their culinary skills in their practical lessons.

Knowledge:

- Use the basic principles of a healthy and varied diet to prepare dishes
- To understand the different food groups
- Being to understand the importance of the different food groups
- Understand where food comes from.

- Understand and apply the principles of a healthy and varied diet
- Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

- Understand and apply the principles of nutrition and health
- Become competent in a range of cooking techniques - for example: selecting and preparing ingredients, using utensils and electrical equipment
- Using awareness of taste, texture and smell
- Understand the source, seasonality and characteristics of a broad range of ingredients

Key Skills:	<ul style="list-style-type: none"> • To be able to name 1 or 2 of the tools I use • To be able to name some of the materials/ingredients I will use. 	<ul style="list-style-type: none"> • Can name 3 or 4 of the tools they can use and explain how to use them. • Can name the materials /ingredients I use 	<ul style="list-style-type: none"> • Use and name most of the tools to use in their practical work. • Choose and name more than 4 different materials /Ingredients.
Language and/or communication skills:	<ul style="list-style-type: none"> • Grains • Cereals • Food Group • Energy 	<ul style="list-style-type: none"> • Starchy Foods • Grains • Cereals • Food Group • Energy 	<ul style="list-style-type: none"> • Carbohydrates • Starchy Foods • Grains • Cereals • Food Group • Energy
Curricular Links	Links to other learning within the subject are: Science/Resistant Materials/ PSHCE/PE		
Career Paths Food/Hospitality Industry Lesson Link: Food Technology	Key Stage 3 <u>Lesson Focus:</u> <ul style="list-style-type: none"> • Health and Safety • Culinary Skills • Design and Making <u>Taking Points:</u> Why is it important to learn about Health and Safety? What types of jobs would H&S be used/followed in? <u>Career Links:</u> <i>Hospitality/Catering Industry:</i> Restaurants/Cafes/Shops/Hotels/Bars Jobs:		

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| | <ul style="list-style-type: none">• Kitchen staff (chef/kitchen porter)• Serving and preparing food• Cleaner• Waiter |
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Resources used in lessons:

<https://www.youthemployment.org.uk/dev/wp-content/themes/yeuk/files/catering-work-experience-guide-ks3.pdf>