



Pathway 3/4

Food Technology: Safety Awareness in the Kitchen and Planning Meals

Year 12

Learning Intention:

Students will consolidate and develop their skills and knowledge regarding basic safety and hygiene in the kitchen and will learn about food handling, preparation and appropriate storage. They will plan and prepare healthy budget meals. The key learning intention is for the pupils to be able to not only prepare but more importantly to plan and budget simple and healthy meals as independently as possible.

Key knowledge that should be learned during this SoW

Concept:

Pupils will complete two AQA units: 10902 - Food Handling, Preparation and Storage and 105609 - Planning and Preparing a Healthy Budget Meal. On completion of the units, students will have an understanding of how to handle, prepare and store food safely. They should be able to plan and prepare meals that are healthy and within a small budget and in future to be able to apply these skills in everyday life situations when funds might be limited.

Knowledge:

Students will have the knowledge of:

- factors contributing to food poisoning
- steps necessary to ensure the safe and hygienic handling and storage of food
- correct storage of food in a domestic refrigerator
- different food groups needed for a healthy/ balanced diet
- temperatures at which food is at risk from spoilage

Key Skills:

Students will demonstrate the ability to:

- apply safe handling techniques at all stages from raw material to product
- prepare a food dish that is suitable for home freezing
- identify a recipe for a well balanced healthy meal
- create a healthy balanced main meal within a £1.20 per head budget
- show how to reduce the cost of the meal

	<ul style="list-style-type: none"> ● show how to increase the number of fruit and vegetables in meals ● work in a safe and hygienic way
Language and/or communication skills:	<p>Food temperature vocabulary: danger zone, freezing point, cooking, reheating, freezing</p> <p>Food storage: freezing, perishable, non perishable, dry, best before, use by</p> <p>Food handling: hygiene, cleaning, disinfecting, cross contamination,</p> <p>Healthy meals: balanced, nutrition, low fat, sugar, vitamins, minerals, calories, unhealthy, food groups, carbohydrates, protein, fruit, vegetables, oils, fats, dairy, budget, portion,</p>
Curricular Links	<p>English - Reading, writing, speaking and listening skills.</p> <p>Maths - Identifying cost, reading prices, reading temperatures</p> <p>PSHCE - safety, hygiene,</p> <p>Computing - researching recipes</p>



Pathway 2

Food Technology: Safety Awareness in the Kitchen and Planning Meals

Year 12

Learning Intention:

Students will learn how to behave in a mature and responsible manner while working in the kitchen and how to work in a safe, hygienic and organised way. They will produce a dish of their choice using good hygienic practices. The main learning intention is for pupils to be able to consistently apply food safety and hygiene rules in practical situations, to distinguish between healthy and unhealthy foods and be able to prepare meals within a given budget.

Key knowledge that should be learned during this SoW

Concept:

Pupils will complete two AQA units: 78035 - Basic Safety and Hygiene in the Kitchen and 105609 - Planning and Preparing a Healthy Budget Meal (supported). On completion of the units, students will learn about safety and hygiene in the kitchen, and know how to store food correctly. They will gain a basic understanding of a balanced diet and will be able to choose ingredients within a given budget.

Knowledge:

- Students will have the knowledge of:
- areas of personal hygiene that are important in the kitchen
 - correct ways to store food in the refrigerator
 - how food poisoning can occur

Key Skills:

- Students will demonstrate the ability to:
- work in a safe, hygienic and organised manner
 - wear appropriate footwear, clean apron, wash hands, etc.
 - wash hands after any contact with the face or hair
 - select and use safely the appropriate equipment, eg different knives, oven, food processor, microwave oven
 - work carefully with sharp knives, eg when preparing food or washing up
 - ask for help when required
 - behave in a mature and responsible manner while working in the kitchen
 - with support, identify and produce a balanced dish within a small budget

	<ul style="list-style-type: none"> • show basic understanding of how to reduce the cost of the meal and how to increase the number of fruit and vegetables
Language and/or communication skills:	<p>Food storage: freezing, cooling, best before, use by</p> <p>Food handling: hygiene, cleaning, disinfecting, cross contamination,</p> <p>Healthy meals: balanced, healthy, unhealthy, food groups, budget,</p>
Curricular Links	<p>English - Reading, writing, speaking and listening skills.</p> <p>Maths - Identifying cost/ reading prices, reading temperatures</p> <p>PSHCE - safety, hygiene,</p> <p>Computing - researching recipes</p>



Pathway 3/4

Food Technology: Safety Awareness in the Kitchen and Planning Meals

Year 13

Learning Intention:

Pupils will continue developing their skills and knowledge of safe and hygienic practices in the cooking environment and will acquire practical skills of planning and making simple meals.

Key knowledge that should be learned during this SoW

Concept:

Pupils will complete two AQA Units: 105557 - Food Hygiene Awareness and 86541 - Planning and Making Meals. On completion of the units, they are expected to be able to apply health and safety and hygiene rules consistently and have basic skills involving planning, costing and preparing meals that meet certain criteria such as: dietary requirements and /or specific budget.

Knowledge:

Students will have the knowledge of:

- the meaning of the four C's in food hygiene, ie cleanliness, cooking, chilling and cross- contamination
- causes of food poisoning
- importance of personal hygiene and safety in the kitchen
- nutritional value of meals
- appropriate storage of ingredients

Key Skills:

Students will demonstrate the ability to:

- make different types of drinks, according to safe working procedures
- use kitchen equipment and utensils safely
- prepare, according to safe working procedures, vegetables, salads and fruit, ready for eating

	<ul style="list-style-type: none"> ● choose a meal to suit a particular situation, eg for a vegetarian, low budget ● prepare a shopping list for the meal and cost the ingredients ● prepare a time plan for preparation and cooking ● follow recipes using appropriate equipment ● organise the working space tidily and hygienically ● clean up at the end of the meal
<p>Language and/or communication skills:</p>	<p>Language associated with 4C's: cleanliness, cooking, chilling and cross- contamination, food poisoning, nutrition, method, ingredients, budget, storage, freezing, thawing, Language associated with various cooking methods such as: saute, blanching, al dente, stirring, boiling, frying</p>
<p>Curricular Links</p>	<p>English - Reading, writing, speaking and listening skills. Maths - Identifying cost/ reading prices, reading temperatures PSHCE - safety, hygiene, Computing - researching recipes Life Skills: shopping for ingredients</p>



Pathway 2

Food Technology: Safety Awareness in the Kitchen and Planning Meals

Year 13

Learning Intention:

Pupils will continue developing their skills and knowledge of safe and hygienic practices in the cooking environment and will continue developing basic, practical skills of making simple meals.

Key knowledge that should be learned during this SoW

Concept:

Pupils will complete two AQA Units: 90486 Safety Awareness in the Kitchen and 108558 Making a Simple Meal. On completion of the Units pupils will be aware of main causes of accidents in the kitchen and how to prevent them. They will prepare four simple meals of their choice in a hygienic and safe manner with minum support.

Knowledge:

Students will have the knowledge of:

- safety and hygiene in the kitchen
- correct storage of equipment and ingredients

Key Skills:

Students will demonstrate the ability to:

- identify causes of accidents in the kitchen
- identify ways to prevent scalds and burns occurring in the kitchen
- identify ways to prevent other types of accidents occurring in the kitchen,
- identify ways to prevent cuts and scratches happening when using knives
- wash own hands before preparing a meal and clean the food preparation area
- collect appropriate equipment to prepare a chosen meal
- perform necessary actions in the correct sequence required to make the meal
- serve the meal and clear away items from the table
- wash and dry each item before storing it away correctly

Language and/or communication skills:	Language associated with accidents in the kitchen i.e: burns, scalds, cuts, slips, trips, falls, electric shock, prevent Language associated with kitchen equipment i.e: utensils and cooking equipment, serving equipment, storage equipment, food preparation equipment
Curricular Links	English - Reading, writing, speaking and listening skills. PSHCE - safety, hygiene, serving meals Computing - researching recipes Life Skills: cleaning



Pathway 3/4

Food Technology: Food from around the World and Planning Meals

Year 14

Learning Intention:

Pupils will explore dishes and spices from around the world in order to gain a better understanding of culture, customs and religions that influence different cuisines and to explore new flavours and textures. Pupils will have an opportunity to share their culture and food traditionally eaten at home. Pupils will develop their skills in planning, budgeting and preparing healthy dishes as independently as possible. The key focus will be placed on the ability to use cooking as an essential life skill and to learn how to manage this in real life, including working around a specific budget.

Key knowledge that should be learned during this SoW

Concept:

Pupils will complete two AQA Units: LE8230 - Preparing and Cooking International Dishes and 105657 - Budgeting For And Cooking Healthy Meals. On completion of the units pupils will identify different spices and foods from around the world and will gain a better understanding of culture, customs and religions that influence different cuisines. Pupils will develop their skills in planning, budgeting and preparing healthy dishes for two people as well as a family of four or larger.

Knowledge:

Students will have the knowledge of:

- hazards and health and safety regulations in the cooking environment
- a range of spices used in international cookery dishes
- how 'The Eatwell Plate' demonstrates how to give each meal a healthy balance
- the importance of sticking to a list when shopping on a budget
- where to find cheaper food products in a shop

Key Skills:

Students will demonstrate the ability to:

- use appropriate kitchen equipment and tools safely
- weigh, measure and prepare ingredients
- follow written recipes and verbal instructions to prepare international dishes

	<ul style="list-style-type: none"> ● present and serve the dishes ● work in a safe and hygienic manner whilst preparing the dishes ● plan and cook a meal within given budget ● plan family meals using basic food items found in a cupboard at home ● plan and cook a meal for a family of four with a budget of £5
<p>Language and/or communication skills:</p>	<p>Language associated with food groups and nutrition such as: carbohydrates, deiry, protein, sugar, fat, fruit, vegetables, healthy/ unhealthy, minerals, vitamins, energy, balance</p> <p>Language associated with religion/culture choices: kosher, halal, vegan, etc.</p> <p>Language associated with common herbs and spices such as: cumin, coriander, cloves, salt, pepper, paprika, ginger, oregano, basil, thyme, garlic, etc.</p>
<p>Curricular Links</p>	<p>English - Reading, writing, speaking and listening skills.</p> <p>Maths - Identifying cost</p> <p>PSHCE - safety, hygiene, cultures</p> <p>Computing - researching recipes</p> <p>Life Skills - shopping for ingredients, cleaning</p> <p>Geography - countries and continents</p> <p>RE - religion/ faith vs food</p>



Pathway 2

Food Technology: Food from around the World and Planning Meals

Year 14

Learning Intention:

Pupils will prepare dishes from at least 3 different countries in order to explore different cuisines and explore new flavours/textures (sensory experience). The key focus is placed on pupils' ability to recognize healthy foods and prepare simple snacks as independently as possible.

Key knowledge that should be learned during this SoW

Concept:

Pupils will complete two AQA units: 72319 - Cooking Dishes From Around the World and 40623 - Designing And Making A Healthy Snack Product. On completion of the units, pupils will explore and name some popular dishes from around the world. Students will be able to recognise healthy and unhealthy foods and will know what ingredients to use to make healthy snacks.

Knowledge:

Students will have the knowledge of:

- personal hygiene when cooking
- the need to cook food thoroughly
- the need to handle hot food carefully
- most suitable ingredients to make a healthy snack product
- devices and/or utensils used to make the product
- some international dishes and their origins

Key Skills:

Students will demonstrate the ability to:

- work with others to prepare dishes from different foreign countries
- take part in the tasting of the prepared dishes

	<ul style="list-style-type: none"> ● assist in cleaning of the work area ● examine different types of commercially produced snacks and show some of the positive and negative features of each product ● make a healthy snack
Language and/or communication skills:	healthy/ unhealthy, minerals, vitamins, balance, calories, fat, sugar
Curricular Links	<p>English - Reading, writing, speaking and listening skills.</p> <p>PSHCE - safety, hygiene</p> <p>Life Skills - cleaning</p> <p>Geography - countries and continents</p> <p>IT - researching</p>

Career Paths

Food/Hospitality Industry

Lesson Link: Food Technology

Key Stage 5

Lesson Focus:

On a range of units building towards independent cooking there is a pathway towards a possible accreditation that can support employment in the hospitality industry.

Taking Points:

Why is it important to learn about Health and Safety?

What types of jobs do you think can be linked to this course?

How would you implement these skills in a linked job?

Career Links:

Hospitality/Catering Industry:

Restaurants/Cafes/Shops/Hotels/Bars

Jobs:

- Front of house employees
- Checkout staff
- Waiters
- Bar workers

- Food delivery drivers and riders.
- Kitchen porters
- Low-risk food retailers (e.g. newsagents, sweet shops)
- Warehouse staff

Accreditation Links:

Level 1 Food Hygiene & Safety Certificate Online

Resources used in lessons:

<https://www.highspeedtraining.co.uk/courses/food-hygiene/level-1-food-hygiene-and-safety/>