



**Pathway
2/3/4**

Food Technology: Basic Kitchen Hygiene and Safety

Year 10

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.

Key knowledge that should be learned during this SoW

Concept:

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.


Knowledge:

- To be able to identify at least three potential kitchen hazards
- To be able to identify at least two causes of accidents in the kitchen, eg excessive haste, distraction
- To be able to identify at least two ways to prevent an accident when using knives
- To be able to identify at least two ways to prevent scalds and burns in the kitchen
- identify at least two ways to prevent other types of accidents occurring in the kitchen, eg dry a wet floor to prevent a person slipping
- To be able to taking part in a discussion on safety awareness in the kitchen
- To be able to the importance of working safely in a kitchen environment

Key Skills:

- To be able to identify at least five basic kitchen hygiene procedures, eg washing hands, cleaning surfaces, and give at least one risk associated with not following each procedure
- To be able to identify at least five basic food hygiene procedures, eg refrigeration, defrosting frozen food, and give at least one risk associated with not following each procedure correctly
- To be able to identify the correct chopping boards to use for cutting raw meat, fish, cooked food and vegetables
- To be able to identify at least one risk associated with not using the correct chopping board the meaning of cross contamination
- To be able to demonstrate the importance of ensuring all food utensils are clean before use

	<ul style="list-style-type: none"> ● To be able to demonstrate the importance of working hygienically in a kitchen environment.
Language and/or communication skills:	<ul style="list-style-type: none"> ● Health ● Safety ● Cross Contamination ● Risk ● Hazard
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 2/3/4	Food Technology: Designing and Making a Pizza	Year 10
Learning Intention:			
Students explore the design cycle where they research, plan, make and evaluate a pizza. Students get to explore what they like and dislike in this process where they decide what they want their pizza to turn out like.			
Key knowledge that should be learned during this SoW			
Concept:	Students will develop their decision making skills where they decide on research and their preference on the end product. They will also have the opportunity to develop their culinary skills.		

Knowledge:	<ul style="list-style-type: none"> ● To take part in a discussion about a favourite pizza ● To be able to identify at least two types of base available and select the type they prefer ● To identify at least two pizza toppings and select the type they prefer ● To make a shopping list for the ingredients ● To evaluate their own involvement in the process of creating a pizza ● To be able to label a computer drawn illustration of a pizza
Key Skills:	<ul style="list-style-type: none"> ● To be able to prepare a pizza base from a pizza mix packet and roll out the dough to the desired shape and thickness ● To be able to place the base on a greased cake tin bottom ● To be able to prepare the ingredients as a topping for the pizza arrange the topping on the prepared pizza base ● To be able to bake the pizza according to the packet instructions ● To be able to remove the pizza from the oven taking appropriate safety measures, eg oven gloves ● To be able to prepare the pizza for serving
Language and/or communication skills:	<ul style="list-style-type: none"> ● Pizza ● Safety ● Risks ● Evaluate ● Design ● Make
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
2/3/4**

Food Technology: Preparing a Simple Meal

Year 10

Learning Intention:

Students will learn about the different methods of cooking and how to be safer while making a range of dishes.

Key knowledge that should be learned during this SoW

Concept:

Students will make a range of dishes using a range of cooking methods. They will work on their confidence and independence when making these dishes.

Knowledge:

- To understand the importance of hand washing and the putting on of an apron to ensure food preparation is safe and hygienic

Key Skills:

- To be able to carry out hand washing and the putting on of an apron
- To be able to follow symbol based recipes alongside verbal guidance to complete five simple meal recipes
- To be able to independently collect equipment needed, eg knife, chopping board, pan
- To be able to use basic food preparation tools with a degree of independence, eg sharp knife, grater, vegetable peeler
- To be able to use cooker or hob or grill with support to cook a meal, eg Macaroni Cheese using the hob or Sausage Casserole using the oven or Pizza Toast using the grill
- To be able to work cooperatively with a partner to wash, dry up and clear away workstation, using only verbal prompting if necessary.

**Language and/or
communication skills:**

- Cooking methods
- Grill
- Baking
- Hob
- Grilling
- Toasting
- Wash and drying up

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> <p>Life Skills: shopping for ingredients</p>
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	<p>Pathway 2/3/4</p>	<p>Food Technology: Cooking with Pasta</p>	<p>Year 10</p>
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Learning Intention:

Students will explore their culinary skills whilst making dishes with pasta and explore the design cycle where they will research, plan, make and evaluate.

Key knowledge that should be learned during this SoW

Concept:

Students will focus on the knowledge of health and safety in the kitchen whilst making pasta dishes. Students will research and plan their own pasta dishes.


Knowledge:

- To be able to basic health and safety issues when using culinary equipment
- To be able to follow personal and general hygiene rules in the kitchen.

Key Skills:

- To follow oral, written or pictorial instructions to cook at least two different pasta dishes
- To select appropriate utensils for each dish
- To select appropriate ingredients for each dish

	<ul style="list-style-type: none"> ● To select a different type of pasta to cook on each occasion, egg shaped, dried, fresh ● To be able to use an appropriate portion of pasta for each dish ● To be able to prepare other ingredients appropriate to each dish, eg cheese, meat ● To be able to wash dishes and tidy kitchen after use
Language and/or communication skills:	<ul style="list-style-type: none"> ● Pasta ● Safety ● Culinary ● Instructions ● Wash dishes
Curricular Links	<p>English - Reading, writing, speaking and listening skills.</p> <p>PSHCE - safety, hygiene, serving meals</p> <p>Computing - researching recipes</p> <p>Life Skills: cleaning</p>

	Pathway 2/3/4	Food Technology: Making an Afternoon Tea	
Learning Intention:			
Students will host a tea party. They will plan a menu and design an invitation. They will make decorations and the food for their tea party. This is an opportunity for students to socialise and host a meal with support.			
Key knowledge that should be learned during this SoW			
Concept:	Students will have the opportunity to socialise with their own peers and showcase to the staff their achievements. They can collaborate with their peers and allocate jobs to create a themed event. This will allow them to research and plan. Look at dietary needs and adapt a menu accordingly. Time management when cooking and hosting the event.		

Knowledge:	<ul style="list-style-type: none"> ● To make a shopping list of the ingredients required for making the four dishes ● To be able to evaluate the task on afternoon tea
Key Skills:	<ul style="list-style-type: none"> ● To be able to create a mood board illustrating afternoon teas ● To conduct a questionnaire with at least five customer's preferences on afternoon tea ● To cook four dishes to trial ● To cost the ingredients for all four dishes ● To make a shopping list of the ingredients required for making the four dishes ● To follow the order of work to cook four dishes
Language and/or communication skills:	<ul style="list-style-type: none"> ● Tea party ● Host ● Dishes ● Shopping list ● Evaluate
Curricular Links	<p>English - Reading, writing, speaking and listening skills.</p> <p>PSHCE - safety, hygiene, serving meals</p> <p>Computing - researching recipes</p> <p>Life Skills: cleaning</p>

Career Paths

Food/Hospitality Industry

Lesson Link: Food Technology

Key Stage 4

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/>