



Food Technology Curriculum

The Cornerstone Academy Food Technology Curriculum for Years 7-11

The Cornerstone Academy Food Technology Curriculum is studied by all students in Key stage 3.

At Key Stage 4 students can opt to study WJEC Level 1/2 Hospitality and Catering.



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1. Intent of the Food Technology Curriculum

The Cornerstone Academy curriculum for Food Technology will equip students with the knowledge, understanding and skills required to cook a wide range of dishes. Students will learn about the principles of nutrition and a healthy diet whilst also understanding how the choices they make as a consumer can impact their local surroundings and the world globally.

Our curriculum will encourage students to cook and enable them to make informed decisions about a wide range of further learning opportunities and career pathways as well as develop vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life.

The Cornerstone Academy curriculum for Food Technology will ensure that all students can:

- Demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment.
- Demonstrate knowledge and understanding of the functional properties, nutritional properties, and sensory considerations needed when preparing, storing, cooking and serving food.
- Understand the source, seasonality and characteristics of a broad range of ingredients.
- Understand the relationship between food and good health.

The ambition is for all students to achieve the expectations which are outlined in the curriculum. That is, that all pupils are taught the full content of the curriculum and that all pupils are taught to achieve the key performance indicators by the end of key stage 3. Mastery means that pupils should be able to recall and apply what they have learnt at another point in the future rather than just at the time they first meet an idea or technique. Achievements through the year contribute to evidence of mastery by the end of the year. Re-visiting a key performance indicator can provide opportunities to:

- demonstrate mastery
- address any gaps in learning
- widen and deepen learning as pupils apply their knowledge in a different context or tackle more complex concepts within Food Technology.

At KS4 students will follow the Eduqas Level 1/ 2 Hospitality and Catering scheme of learning where the curriculum knowledge from Key stage 3 will be built upon. At KS4 students are assessed using knowledge tests (self-quizzing) and summative assessments based on past papers and specimen papers.

2. Implementation of the Food Technology Curriculum

KS3 Food teaching takes place over a double lesson per week for three years across years 7, 8 and 9. It is taught by specialist teachers over 2 rotations of approximately 5-7 weeks each.

KS4 Hospitality and Catering is an option subject and students have 1 x 50 minute lesson and 1 x 100 minute lesson per week.

The Food Technology curriculum is implemented according to the teaching and learning policy of the school. Rosenshine and Teach like a champion techniques are the basis of the schools teaching and learning practice.



Staff will follow dedicated schemes of work to ensure that all students follow The Cornerstone Academy Food Technology curriculum.

All lessons at each key stage should use quizzing to promote recall, retention, application and mastery of content. Students will have knowledge organisers with key subject content and key vocabulary which will be set for homework. This low stakes assessment for learning will be used by staff to inform their planning and class interventions. Modelling should be used frequently with the aid of demonstrations and visualisers to guide student practice and improve the quality of student response.

Assessment in KS3 uses KPI assessments. These assessments are completed throughout a topic. Certain KPI's can be applied to a range of topics and can be assessed multiple times across the year thus allowing for improvement, development and mastery. The KPI assessments are used to inform planning and intervention by the class teacher to address gaps in knowledge and to ensure students master the KPI's leaving them well prepared for the next stage of their education.

The Cornerstone Academy Food Technology assessment outcomes (KPIs) can be found at Annex 1.

Year 7	Rotation 1 • Personal Hygiene • Food Hygiene & Safety • Seasonality <u>Cooking Skills:</u> Weighing & measuring, Basic knife skills, Rubbing in, Use of the Hob, Oven & small electrical appliances	Rotation 2 • Eat Well Guide • Healthy Eating <u>Cooking Skills:</u> Weighing & measuring, Basic knife skills, Use of the Hob and oven, Dough making – Pasta, bread, pastry, Rubbing in – pastry, Shaping – pastry, bread & pasta
Year 8	Rotation 1 • Personal Hygiene • Food Hygiene & Safety • Fair Trade <u>Cooking Skills:</u> Weighing & measuring, Medium knife skills, Rubbing in - Pastry, Kneading, Use of the Hob, Oven & small electrical appliances, Shaping of doughs (bread & pastry), Piping,	Rotation 2 • Eat Well Guide • Nutritional needs of the body <u>Cooking Skills:</u> Weighing & measuring, Medium knife skills, Use of the Hob, Oven & small electrical appliances, Rubbing in - pastry, Shaping; meat, doughs – pastry & bread, coating, whisking - emulsification
Year 9	Rotation 1 • Personal Hygiene • Food Hygiene & Safety • Speciality Diets <u>Cooking Skills:</u> Weighing & measuring, Complex knife skills, rubbing in- Pastry, Coating, Whisking – aeration & emulsification, shaping – pasta, pastry and meat, use of the Hob, Oven & small electrical appliances.	Rotation 2 • Eat Well Guide • Nutritional needs of different groups • Presentation of food <u>Cooking Skills:</u> Weighing & measuring, Complex Knife skills, Shaping – pasta, pastry & bread, meats & piping. Use of the Hob, Oven & small electrical appliances.



Year 10	Term 1 • Introduction to the Hospitality and Catering Industry covering Provisions, Styles of Service, Standards and Ratings, Customer Wants & Needs, and Factors Affecting Success. • Students will prepare and cook several dishes demonstrating a range of complex knife, cooking and preparation skills. Term 2 • Diving deeper into the Hospitality and Catering Industry by focusing on the Front and Back of House job roles, Uniform, Attributes and Contracts. • Students will prepare and cook several dishes demonstrating a range of complex skills with a focus on presentation using sauces and plating techniques. Term 3 • Ensuring correct health and safety in the workplace by learning about Control Measures, Legislation and the Environmental Health Officers. • Students will prepare and cook several dishes demonstrating a range of complex knife, cooking and preparation skills. Term 4 • Finishing the course content with how to identify Hazards and apply Critical Control Points, and Food Related Ill Health, including Intolerances and Allergens. • Students will prepare and cook several dishes demonstrating a range of complex skills with a focus on presentation using sauces and plating techniques. Term 5 & 6 • Students will be taught a deep dive into the different Nutrients, Vitamins and Minerals, and the different Life Stages that a person goes through, along with how their nutritional needs differ. • Students will then finish off the year by participating in a mock NEA. This will prepare them and provide them with the skills to succeed in Year 11.
Year 11	Term 1 • Students will be revisiting topics that will boost their knowledge and help prepare them for the NEA. Topics will include the different Nutrients, Vitamins and Minerals, and the different Life Stages that a person goes through, along with how their nutritional needs differ. • Students will begin their controlled NEA. Students will need to plan, prepare, cook and evaluate dishes in response to a brief. They will need to demonstrate food safety, organisation, time management and technical skills while applying their knowledge of nutrition to produce dishes suitable for different customers. • During this term, students will be given a brief that they will need to analyse, recommend suitable dishes and assess how these dishes meet the nutritional needs of the target audience. They will also need to explain the impact of cooking methods on the nutritional value of the chosen dishes.



	- Students will continue to cook several dishes that build on, and develop the complex practical skills learnt in Year 10 and focussing on how to apply them to their practical NEA. Students will prepare and cook several dishes demonstrating a range of complex knife, cooking and preparation skills and with a focus on presentation using sauces and plating techniques. - During this term students will also be preparing and revising for their mocks. We will be covering topics such as: Factors Affecting Success, Customer Wants and Needs and Working in the Hospitality and Catering Industry. Term 2 - Students will continue to focus on their NEA. This term, they will need to discuss the factors which affected their choice of dishes and produce a production plan that will incorporate both their chosen dishes to be used in the practical NEA exam. - The students will also have a chance to practice making their chosen dishes in a professional environment before the exam next term. - During this term students will also be preparing and revising for their mocks. We will be covering topics such as: Control Measures and Legislation. Term 3 - Students will partake in their practical NEA cook. This will consist of planning, preparing, producing and serving 2 dishes with sides and accompaniments within 3 hours. A particular focus will be on demonstrating how to work safely, follow correct food safety and hygiene practices and procedures to prepare and cook food and use equipment. - During this term, students will complete their NEA. They will focus on assessing the production of the presented dishes and reviewing their own performance. - During this term students will also be preparing and revising for their mocks. We will be covering topics such as: Environmental Health Officers, HACCP and Food Related Illnesses. Term 4 & 5 - Students will finish the latter half of the year by focussing on revision for their final set of mock exams and their Hospitality and Catering theory exam in June.
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3. Impact of the Food Technology Curriculum

By the end of Key Stage 3 students will understand how the food choices they make and the nutrient's different foods contain support the body at different stages of life. They will have knowledge of the function of a range of ingredients in cooking and how these can be manipulated to get the desired outcome. Students will be able to present their food to a high standard and evaluate their work as they plan, present and cook in order to achieve restaurant quality food.

By the end of Key Stage 4 students will demonstrate knowledge and understanding of the hospitality and catering industry through a written exam. This will include; the sectors and types of hospitality and catering



establishments, the operational activities of the Kitchen and Front of House, staffing attributes, roles and responsibilities within the industry, food safety and workplace laws, food related causes of ill health including the roles and responsibility of the environmental health officer. Students will also be able to suggest suitable hospitality and catering provision.

Students will also complete an internally set NEA (Non-Examined Assessment) they will use this to demonstrate their knowledge of the nutritional needs of a variety of groups of people, the impact of cooking on food, the environmental considerations needed when planning a menu. Meeting customer needs, planning, preparing and presenting two dishes that meet the needs of their chosen target audience. Demonstrating a range of preparation, cooking and presentation skills through their dishes. Evaluating their own performance and their outcome.



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ANNEX 1 - The Cornerstone Academy KS3 Food Technology curriculum and assessment outcomes

Students are encouraged to 'AME' high in KS3. We will assess them repeatedly against the following criteria. They will be awarded a A, M or E for the work completed. A is approaching, their abilities are not yet where we would expect a student to be for the year. M is meeting, they are completing tasks at the expected level. E is exceeding, the student is working above where we would expect them to be for that year.

In food tech students will be working towards the following statements:

	Year 7	Year 8	Year 9
Nutritional analysis	I can identify which nutrients are in the dishes I cook.	I can explain how the nutrients in the dishes I cook are used in the body.	I can explain how the dishes I cook meet the nutritional needs of different people.
Hygiene & safety	I can follow the hygiene and safety rules for the dishes I am cooking with no reminders.	I can suggest the hygiene and safety instructions for the dishes I am cooking.	I can suggest the hygiene and safety instructions for the dishes I am cooking.
Preparation & Cooking skills	I can demonstrate basic preparation, knife & cooking techniques with some precision	I can demonstrate basic preparation, knife & cooking techniques with precision	I can demonstrate a more complex preparation, knife & cooking techniques with precision.
Review of performance & outcome	I can provide a review of my outcome or performance explaining what I did correctly and how I can improve.	I can provide a review of my outcome or performance explaining what I did correctly and how I can improve.	I can provide a review of my outcome or performance explaining in detail what I did to ensure accuracy and giving specific tasks to improve.

ANNEX 2 - The Cornerstone Academy KS4 Hospitality & Catering curriculum. Eduqas exam board.

The subject content is presented under two headings: The Hospitality & Catering Industry and Hospitality and Catering in Action. This structure has been designed to develop in learners the knowledge and understanding related to a range of hospitality and catering providers; how they operate and what they have to take into account to be successful.

There is the opportunity to learn about issues related to nutrition and food safety and how they affect successful hospitality and catering operations. In this qualification, learners will also have the opportunity to develop some food preparation and cooking skills as well as transferable skills of problem solving, organisation and time management, planning and communication.

Unit 1: The Hospitality & Catering Industry (Written Exam 40%)

- 1.1 Hospitality and catering provision
- 1.2 How hospitality and catering providers operate
- 1.3 Health and safety in hospitality and catering
- 1.4 Food safety in hospitality and catering

Unit 2: Hospitality and Catering in Action (NEA 60%)

- 2.1 The importance of nutrition
- 2.2 Menu planning
- 2.3 The skills and techniques of preparation, cooking and presentation of dishes
- 2.4 Evaluating cooking skills