

Barnsley Academy – Year 7 Food Technology Curriculum Overview 2024-25

| 13 week rotation Food technology and nutrition | | |
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| | Class Focus | Homework |
| Week 1 | <p><i>What are the 4C's Related to Food Hygiene?</i></p> <p>Health and Safety, Cooking, Cleaning, Cross Contamination, Chilling- safe routines in the food room. Safe products to use Red and green chopping boards Bacteria Binary fusion</p> <p>KPI: Knowledge</p> | |
| Week 2 | <p><i>What are the Key temperatures in Food Technology?</i></p> <p>Safe fridge, freezer temperatures, boiling and ambient. How to stock a fridge. Safe holding temperatures (63 degrees for 90 minutes) Then reheated until hot or discarded The danger zone 6-63 degrees</p> <p>KPI: Knowledge</p> | |
| Week 3 | <p><i>Practical..</i></p> <p>Produce Pizza and pizza sauce. Produce pizza dough Produce basic tomato sauce Proving, sour dough, bread flour and protein in flour Turn and talk about yeast (Biological raising agent)and how it makes products rise (Carbon dioxide)</p> <p>KPI Making/Knowledge</p> | |
| Week 4 | <p><i>How are products evaluated?</i></p> <p>Sensory Analysis, star profile, taste, texture and appearance of foods. Taste test and star profile Pizza developments Design the perfect pizza</p> <p>KPI Evaluation</p> | |
| Week 5 | <p><i>What are the key nutrients in food and where are they found?</i></p> <p>Macro and micro nutrients The Eatwell guide Development of a balanced school canteen meal</p> | |

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| | | Knowledge | |
| | Week 6 | Practical The melting method of cake making Using the microwave Weighing and measuring Nutrients in flapjack KPI Making/Knowledge | |
| | Week 7 | What is the difference in Free range and caged hens? Is the difference in cost justified? Nutritional value Free range/Caged hens How fresh are your eggs? Design a poster on your views Egg recipes Pasta demonstration if time permits KPI Knowledge | |
| | Week 8 | Practical Cajun Chicken pasta bake Roux sauce Boiling, frying, Bridge and claw method, slicing and dicing. Frying, dry frying Saturated fat/ polyunsaturated Butter vs margarine Calories CHD Is salt necessary in cooking? KSI Making/Knowledge | |
| | Week 9 | Is organic farming necessary? Pesticides animals and crops Costs to customers Shelf life Advantages and disadvantages Morally right or wrong? KPI Knowledge | |

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| Week 10 | <p>What are the effects of sugar on the body? Effects on teeth, heart, kidneys. Simple carbohydrates vs complex calories</p> <p>KPI: Knowledge</p> | |
| Week 11 | <p>Practical Jammy raspberry buns Creaming method of cake baking aeration Dividing and shaping Uniformity of products. Macro nutrients KPI Making</p> | |
| Week 12 | <p>What are the dietary needs of different groups of people? Different age groups Special diets Allergies 14 Mediterranean diet</p> <p>KPI Knowledge</p> | |
| Week 13 | <p><u>Assessment week</u></p> <p>Assessment to be completed, marked and retained in work book</p> | |