

**Food Technology 2016 – 2017 Houghton Regis Academy**

<b>Year 9 2016-17</b>								
Half-term	Topic	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
1	How to compare the cost of food when planning to eat out or cook at home. About the influence of food marketing, advertising and promotion on their own diet and purchasing behaviour.	Introduction to food technology and the kitchen environment, hygiene, health, safety, consumers purchasing trends	Practical's: Accurate knife skills, simmering, creaming and rubbing in methods <ul style="list-style-type: none"> <li>• Marble pear Tray Bake</li> <li>• Vegetable Soup</li> <li>• Cheese &amp; onion triangles</li> <li>• Fruity muffins</li> <li>• Biscuits</li> </ul>					Evaluation, sensory analysis, culture and consumer purchasing activities.
2	How to use nutrition information and allergy advice panels on food labels to help make informed food choices. How to use a broader range of preparation techniques and methods when cooking, e.g stir frying, steaming and blending	Introduction to packaging legislation and a deeper look at consumer purchasing trends	Practical's: Accurate Knife skills, kneading, proving, simmering and shaping <ul style="list-style-type: none"> <li>• Cheese topped rolls</li> <li>• Stir Fry</li> <li>• Spaghetti bolognaise</li> <li>• Spring rolls</li> <li>• Samosa</li> </ul>					Evaluation, sensory analysis and package design.
3	How to modify recipes and cook dishes that promote current healthy eating messages	Introduction to the design brief: Design a dish suitable to be served at a Festival	Research festivals and current healthy eating trends	Design work: Brief, Analysis 3+ ideas. Final idea.	Practical's: Presentation, designing, annotation, healthy eating and independent learning <ul style="list-style-type: none"> <li>• Trial One – Evaluation</li> <li>• Cook off – Festival Food</li> </ul>		Evaluation and write up the project.	
4	The principles of cleaning, preventing cross contamination, chilling, cooking food thoroughly and reheating food until it is steaming hot	Introduction to commercial kitchen hygiene	Practical's: pastry making, rubbing in method, accurate knife skills, multi-tasking, absorption, reduction and baking <ul style="list-style-type: none"> <li>• Jam tarts</li> <li>• Quiche</li> <li>• Cottage pie</li> <li>• Brownies</li> <li>• Risotto</li> </ul>					Evaluation, sensory analysis, introduction to health and safety legislation

Technology is taught on a rotation so that each group has 4 half terms in each area: Food, Resistant Materials and Art