

Stewards Academy Subject map Food technology	Year 7	Year 8	Year 9	Year 10	Year 11
Unit 1	Safe use of equipment Knife drill Making cold salads Accurate weighing	Knife drill review Health and safety Use of equipment	Principles of the Eatwell guide Diet related disorders Diet through life Energy balance 6 dishes	Food safety Bacteria Microorganisms Microorganisms in food production 6 dishes	NEA 1 – Food investigation task
Unit 2	Use direct heat methods Estimate and control cooking times	Regulate temperatures Portion control and portion sizes	3 forms of carbohydrates Functional properties Fruits and vegetables Seasonality 6 dishes	Food allergies and intolerances Modifying recipes 6 dishes	NEA 2 Food preparation task
Unit 3	Use creaming and folding techniques Decorate and present food	Using pastry, rolling, preparing and baking Check correct cooking	Proteins Fats Dairy Functional properties 6 dishes	Personal, social and environmental factors affecting food choice Ethical and moral Religious and cultural 6 dishes	NEA 2 Food preparation task
Unit 4	Use stir fry techniques Use a thermometer to check meat is cooked	Use sensory skills to ascertain if foods are cooked	Micronutrients Water 6 dishes	Food assurance schemes Fairtrade Carbon footprints and sustainability 6 dishes	Revisit topics from year 9 and 10, create revision aids.
Unit 5	Adapt food to own preference Prepare vegetables and meat	Bain-marie technique Adapt a dish to own preference	Food provenance Food processing and production Food sources and supply 6 dishes	Food fortification and use of additives Sensory properties Nutritional values 6 dishes	Revisit topics from year 9 and 10, create revision aids.
Unit 6	KS3 learners work through an 8-week carousel focussing on basic cooking skills and safe working practices which are needed to be successful at KS 4. Learners undertake an assessment of their practical skills in week 8.		Features and characteristics of individual cuisines 6 dishes	Sensory systems Changes that happen to food as it is cooked Sensory analysis 6 dishes	Exam
Core technical knowledge		Specialist knowledge		Practical skills	
Major commodity groups Diet and health Factors influencing food choice Energy balance		Food provenance Food security Culinary traditions Food science		Follow safe working practices Knife skills Preparation and techniques Cooking methods Judge and manipulate sensory properties	