**Ormiston Park Academy Curriculum Map Years 7-11 Department: Food Technology**

**WJEC VOCATIONAL AWARD Hospitality and Catering Level 1/2**

**Curriculum Leader: Florin Nicorici**

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| *Year 8* | Key Content: * Health and Hygiene
* Safety in the Kitchen
* Sauces, Stocks and Cooking techniques
* Cutting skills, Timing and observation skills
* Vegetable Ragu, Macaroni Cheese, Minestrone soup/Frittata with Italian Bean Salad
* Falafel with Flatbread and Tzatziki
* Lemon Meringue Puddings/Love food hate waste
* Multicultural foods and function of ingredients.

Assessment:Following each Practical Specification Areas covered:AC.1.1 Describe functions of nutrients in the human bodyAC.1.2 Compare nutritional needs of specific groups (coeliac, low fat diets, diabetics and vegetarians)AC.2.2 Explain how dishes on a menu address environmental issuesAC.2.3 Explain how menu dishes meet customer needsAC.2.4 Plan production of dishes for menuAC.3.1 Use techniques in preparation of commoditiesAC.3.2 Assure quality of commodities to be used in food preparationAC.3.3 Use techniques in cooking of commoditiesAC.3.5 Use food safety practices | Key Content: * Nutrients (Macronutrients and Micronutrients)
* Vitamins and Minerals
* Proteins and Fats Theory
* Chilli/Curry (vegetable or chicken),
* Chicken/Vegetable Stir fry, burger
* Chow main/Chicken Kiev/Chicken pie
* Love food hate waste/Reduce ,Reuse ,Recycle
* Packaging / Sustainability food miles, provenance.
* Sausage Plait using Rough Puff Pastry
* (vegetarian option: red pepper, pesto and goats cheese

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* Vitamins and Minerals
* Proteins and Fats Theory/Types of fat
* Fish Cake/Lasagne
* Pastry and Raising agents
* Chicken Kiev, Chicken soup, Burger , Bread Rolls, Bread based Pizza, Pizza design ,Quiche
* Love food hate waste
* Multicultural foods and function of ingredients

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| Key Skills:* Hygiene routines
* Cleaning and Food preparation
* Knife Skills – Bridge and Claw
* Julienne/Veg cutting
* Use of kitchen equipment
* Cross contamination and bacteria’s
* Composting vegetable waste
 | Key Skills:* Sensory analysis
* Knife Skills – Bridge and Claw
* Cross contamination and bacteria’s
* Flavour profiles

Testing and evaluating | Key Skills:* Sensory analysis
* Knife Skills – Bridge and Claw
* Batch production
* Understand the difference between good and bad FATS
* Flavour profiles
* Glazing, shaping and cutting, safe use of oven

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| *Year 7* | Key Content: * Health and Hygiene – Safety in the Kitchen
* Knife Skills / Cutting methods
* Apple Swan,
* Fruit Salad / Tropical granola bar
* Vegetable soup /Tomatoes Soup
* Quesadillas / Vegetable pizza toast
* Eat well guide /Eat well tips
* Bacteria and High Risk Food
* Ratatouille

Assessment: Following each Practical Specification Areas covered:AC.1.1 Describe functions of nutrients in the human bodyAC.1.2 Compare nutritional needs of specific groups (teenagers)AC.2.4 Plan production of dishes for menuAC.3.1 Use techniques in preparation of commoditiesAC.3.2 Assure quality of commodities to be used in food preparationAC.3.3 Use techniques in cooking of commoditiesAC.3.5 Use food safety practices | Key Content:* Eat Well Guide – Balanced Diets
* Pizza Pinwheels,
* Biscuits/Shortcrust pastry
* Savoury tarts/Croquet Monsieur
* Weighing and measuring ,scale
* Victoria sponge, Scones
* Yeast and raising agents

Assessment: Rubbing method fruit crumbleHealthy lifestyle Specification Areas covered:AC.1.1 Describe functions of nutrients in the human bodyAC.1.2 Compare nutritional needs of specific groups (teenagers)AC.2.4 Plan production of dishes for menuAC.3.1 Use techniques in preparation of commoditiesAC.3.2 Assure quality of commodities to be used in food preparationAC.3.3 Use techniques in cooking of commoditiesAC.3.5 Use food safety practices | Key Content: Proteins and Fats working with HBV and LBV/CommoditiesChicken/vegetable curryMacaroni cheese/The 4 C’s and Food HygienePasta bolognaise/Ratatouille Recipe change and dietary requirements. Seasonality and ProvenanceFinal assessment weekEnd of year 7 testSpecification Areas covered:AC.1.1 Describe functions of nutrients in the human bodyAC.1.2 Compare nutritional needs of specific groups (teenagers)AC.2.4 Plan production of dishes for menuAC.3.1 Use techniques in preparation of commoditiesAC.3.2 Assure quality of commodities to be used in food preparationAC.3.3 Use techniques in cooking of commoditiesAC.3.5 Use food safety practices | Key Content: * Health and Hygiene – Safety in the Kitchen
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* Cleaning and Food preparation
* Knife Skills – Bridge and Claw

Keywords across the curriculum Raising agents Cleaning and food preparation Kneading skills* Scale weighing , measuring/Chopping/ Peeling/ Slicing/ Sieving/ Hydrating/Blending

Pupils will be focusing on learning about Health and Safety and Healthy Eating | Key Skills:* Sensory analysis
* Rubbing method
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* Batch production
* Flavour profiles
* Packaging – Legislation
* Product Analysis
* Product Labelling
* Modelling and prototyping
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