

Learn more, remember more, apply more

# Learning Journey Food Tech Secondary

Maplefields Key Curriculum Drivers



Term 5  
Understanding pasta, rice and egg dishes.  
(Summative)

## Golden Concepts

Range of cooking methods

Healthy eating

Understanding of food sources and seasonality

Personal and kitchen hygiene

NVQ L1 Food Prep and Cook (Summative assessment working independently)  
Able to understand the theory of preparing and cooking of pasta  
Able to understand the theory of preparing and cooking of rice  
Able to understand the theory of preparing and cooking of eggs  
Any practical cooking where possible to be linked to units 115,118,120,121,122,123.  
Introduction to the Hospitality Industry  
Demonstrate the use of kitchen equipment  
Able to devise 5 dishes and list all equipment used and safety features involved.  
Demonstrate through a staff poster outlining Safety  
Be able to state the requirements of kitchen (Induction Training, PPE, Oven Cloths, Prescribed Dangerous Machinery)  
Be able to undertake Food Safety in Catering Paper Test  
Any practical cooking should be linked to units 304, 305,111, 202

Summer Term



NVQ L1 Food Prep and Cook (Summative assessment working independently)  
Unit 1FPC3 (121) Theory of preparing and cooking of pasta  
Unit 1FPC4 (123) Theory of preparing and cooking of eggs Any practical cooking where possible to be linked to units 115,118,120,121,122,123.  
Introduction to the Hospitality Industry 111 Using Kitchen Equipment  
Devise 5 Dishes and List All Equipment Used And Safety Features Involved.  
Create A Staff Poster Outlining Safety  
Requirements of A Kitchen (Induction Training, PPE, Oven Cloths, Prescribed Dangerous Machinery)  
Unit 202 Food Safety in Catering Paper Test  
Any practical cooking should be linked to units 304, 305,111, 202

Term 6  
Understanding pasta, rice and egg dishes.  
(summative)



Term 4  
Maintaining food safety  
Study of vegetables, meat and poultry  
(Summative)

Term 3  
Maintaining food safety  
Study of vegetables, meat and poultry  
(Summative)

Continue with NVQ L1 Food Prep and Cook (Summative assessment working independently)  
Demonstrate how to maintain food safety when storing, preparing and cooking food.  
Understand the theory on preparing vegetables  
Understand the theory on cooking vegetables  
Understand the theory of preparing and cooking of meat and poultry  
Any practical cooking where possible will be linked to units 115,118,120,121,122,123.  
Introduction to the Hospitality Industry  
E302 Customer Service in The Hospitality Industry  
Understand why good customer service is important to the business regarding, profit, customer satisfaction, returning customers, profession  
Will be able to serve food and drink in the canteen and/or Bistro  
Any practical cooking should be linked to units 304, 305,111, 202

Autumn Term



NVQ L1 Food Prep and Cook (Summative assessment working independently)  
Demonstrate how to maintain food safety when storing, preparing and cooking food.  
Understand the theory on preparing vegetables  
Understand the theory on cooking vegetables  
Understand the theory of preparing and cooking of meat and poultry  
Any practical cooking where possible will be linked to units 115,118,120,121,122,123.  
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E302 Customer Service in The Hospitality Industry  
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Will be able to serve food and drink in the canteen and/or Bistro  
Any practical cooking should be linked to units 304, 305,111, 202

Term 2  
Working safely and securely as a team  
(Summative)

NVQ L1 Food Prep and Cook (Summative assessment working independently)  
Able to maintain a safe, hygienic and secure working environment  
Demonstrate how to work effectively as part of a hospitality team  
Any practical cooking where possible to be linked to units 115,118,120,121,122,123. E301  
Introduction to the Hospitality Industry  
Able to identify different food and drink outlets that have been researched locally.  
Able to recognise the various role within the Hospitality Industry  
Any practical cooking where possible should be linked to units 304, 305,111, 202

Continue with NVQ L1 Food Prep and Cook Continued(Summative assessment working independently)  
Unit 1Gen1 (101) Maintain a safe, hygienic and secure working environment  
Unit 1Gen4 (104) Work effectively as part of a hospitality team  
Any practical cooking where possible to be linked to units 115,118,120,121,122,123. E301 Introduction to the Hospitality Industry  
Complete a Poster outlining Different food and Drink Outlets that have been researched locally.  
Link Job Roles on Handout  
Any practical cooking where possible should be linked to units 304, 305,111, 202

Term 2  
Working safely and securely as a team  
(Summative)

Term 6  
Understanding pasta, rice and egg dishes.

Term 5  
Understanding pasta, rice and egg dishes.

NVQ L1 Food Prep and Cook (Formative assessment under close direction)  
Begin to understand the theory of preparing and cooking of pasta  
Begin to understand the theory of preparing and cooking of rice  
Begin to understand the theory of preparing and cooking of eggs  
Any practical cooking where possible to be linked to units 115,118,120,121,122,123.  
Introduction to the Hospitality Industry  
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Able to devise 5 dishes and list all equipment used and safety features involved.  
Demonstrate through a staff poster outlining Safety  
Be able to state the requirements of kitchen (Induction Training, PPE, Oven Cloths, Prescribed Dangerous Machinery)  
Be able to undertake Food Safety in Catering Paper Test  
Any practical cooking should be linked to units 304, 305,111, 202

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Be able to undertake Food Safety in Catering Paper Test  
Any practical cooking should be linked to units 304, 305,111, 202

Spring Term

Summer Term

Y11

Spring Term

Continue with NVQ L1 Food Prep and Cook (formative assessment under close direction)  
Demonstrate how to maintain food safety when storing, preparing and cooking food.  
Begin to understand the theory on preparing vegetables  
Begin to understand the theory on cooking vegetables  
Begin to understand the theory of preparing and cooking of meat and poultry  
Any practical cooking where possible will be linked to units 115,118,120,121,122,123.  
Introduction to the Hospitality Industry  
E302 Customer Service in The Hospitality Industry  
Begin to understand why good customer service is important to the business regarding, profit, customer satisfaction, returning customers, profession  
Begin to be able to serve food and drink in the canteen and/or Bistro  
Any practical cooking should be linked to units 304, 305,111, 202

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Term 2  
Working safely and securely as a team

Term 1  
Working safely and securely as a team

Continue with NVQ L1 Food Prep and Cook Continued(Formative assessment under close direction)  
Demonstrate how to maintain a safe, hygienic and secure working environment  
Begin to understand the importance of working effectively as part of a hospitality team  
Any practical cooking where possible to be linked to units 115,118,120,121,122,123. E301E301  
E301 Introduction to the Hospitality Industry  
Begin to identify different food and drink outlets that have been researched locally.  
Begin to recognise the various role within the Hospitality Industry  
Any practical cooking where possible should be linked to units 304, 305,111, 202

NVQ L1 Food Prep and Cook (Formative assessment under close direction)  
Begin to be able to maintain a safe, hygienic and secure working environment  
Begin to demonstrate how to work effectively as part of a hospitality team  
Any practical cooking where possible to be linked to units 115,118,120,121,122,123. E301  
E301 Introduction to the Hospitality Industry  
Begin to identify different food and drink outlets that have been researched locally.  
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Autumn Term

Term 5  
Evaluating Food

Term 6  
Evaluating Food

Build and apply an expanding repertoire of knowledge, understanding and skills in order to create and make high quality dishes.  
Looking at the retention of –  
knife skills, appropriate cooking methods, appropriate use of utensils and equipment thus working in a safe and hygienic manner to achieve the task.  
Developing the knowledge in problem solving with the dish should a problem occur.

Through their dishes, will evaluate and test their ideas and the work of others in a constructive way, considering –  
Choice of ingredients used  
Cooking method (s) involved  
Seasonality of the ingredients  
Carbon foot print  
Appearance of the dish  
Texture and taste  
Make recommendations for improvements or adaptations.



Term 4  
Principles of the eat well guide.

Term 3  
Principles of the eat well guide.

Personal guidelines towards saturated fats, sugars and salt  
Understanding key nutrients, main sources.  
Proteins – meat, fish, dairy. Carbohydrates – potatoes, pasta, bread and rice  
Fats – types – butter, cream, cheese and red meats. Minerals – milk, red meats, eggs and vegetables. Vitamins – dairy, vegetables, offal and fruits.  
Understanding of what nutrients do to the body – Build, repair, heat, energy and regulate the body

Recap on the eat well guide  
Understanding the dietary needs throughout life stages – infancy, teenagers, adulthood and old age.  
Type of work undertaken – office worker, lorry driver or labourer

Term 1  
Principles of personal hygiene and safety

Term 2  
Principles of food hygiene and safety

Developing and demonstrating through production of a variety of dishes a firm understanding of personal and food hygiene –  
Correct personal washing techniques of hands.  
The importance of reporting any sickness occurring.  
Correct coverings of all wounds and cuts.  
Understanding that bacteria is constantly present.

Developing and demonstrating through production of a variety of dishes a clear understanding of food safety-  
Understand why foods are stored in a certain way in a fridge raw meat at the bottom etc.  
Understand what best before and used by means  
Checking of packaging etc for signs of pests.  
Understanding the consequences of not adhering to the rules- Poisoning, death, fines and or imprisonment.



Y9 Cycle A

Term 6  
FOOD LABELLING

Term 5  
FOOD LABELLING

Be able to list the information found on a food label.  
Describe the information which is required by law.  
Evaluate this information and explain how it helps to inform the consumer.  
Be able to discuss the difference between allergies and intolerance  
Interpret different food labels.

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Describe the information which is required by law. Evaluate this information and explain how it helps to inform the consumer.  
Be able to discuss the difference between allergies and intolerance  
Interpret different food labels.

Term 3  
Cooking (Food preparation and handling skills)

Term 4  
Cooking (Food preparation and handling skills)

Cooking (Food preparation and handling skills)  
Name and safely use simple equipment with some help and degree of accuracy.  
Identify a range of preparation techniques- peeling, chopping, dicing and slicing.  
Use most equipment with a level of accuracy.

Name and safely use simple equipment with some help and degree of accuracy. Identify and demonstrate a range of preparation techniques.  
Work increasingly independently with a range of correct equipment to produce a quality product.  
Food Safety, name basic food safety principles.

Term 2  
Food safety

Term 1  
Food Safety

Autumn Term

Recognise the importance of preparing and cooking food safely and hygienically and the consequences if not followed.  
Explain the principles of food safety and hygiene and implement them individually when preparing, cooking and storing food.

Basic food safety principles.  
Correct storage of food purchased and cooked  
Identify that some foods have a greater risk of food poisoning and contamination than other.  
Recognise the importance of preparing and cooking food safely and hygienically.  
Implement the principles when preparing, cooking and storing food.  
Explain the principles of food safety and hygiene and implement them individually.

Term 5  
Working Independently

Term 6  
Developing and Evaluating

Able to understand and work to a Recipe.  
Able to use scales accurately  
Demonstrate the ability to clean down efficiently.

Able to research food and recipes.  
Develop an understanding of taste and evaluating Food  
Able to make changes through those evaluations.

Summer Term

Term 4  
Healthy Eating

Term 3  
Using Equipment



Able to understand the balance of good food.  
Able to identify food groups  
Understand the five a day and better balanced diet including for a healthier lifestyle.

Able to use small equipment and utensils including knives  
Know how to use the cooker, microwave and electrical Equipment correctly and safely.

Spring Term

Year 7

Autumn Term

Term 1  
Food Safety And Hygiene.

Term 2  
Food Skills, Techniques and Equipment

State what is Personal Hygiene  
Demonstrate how to prevent food poisoning and be able to understand packaging  
Know how to store food correctly and how to cook safely

Understand the importance of weighing and measuring  
Able to prepare ingredients and through reading and writing, understand recipes

