

Holmer Green Senior School

# Food Technology

2025-26



# Curriculum Intent

Work Hard, Be Kind, Have Passion

In Food we equip learners with practical cooking skills, food science knowledge, and an awareness of the impact of food choices on health, society, and the environment. The curriculum nurtures creativity, critical thinking, and problem-solving while promoting healthy, sustainable eating habits that students can carry into their personal and professional lives.

By the end of the course pupils should:

- Be confident and competent in the kitchen, able to prepare nutritious and well-balanced meals for themselves and others.
- Understand the principles of nutrition and food science, enabling them to make informed, health-conscious food choices.
- Demonstrate an awareness of food sustainability, ethics, and cultural diversity in food choices.
- Be well-prepared for further education or employment in the food, hospitality, or nutrition sectors.

# HGSS Curriculum Map

## Year 7 Food Technology



| Exam Board: N/A |  | Careers: Chef, Baker, Barista, Butcher, Catering Manager, Cellar Technician  |  |   | Co-Curricular:   |  | Sequencing: Year 8- Work safely in the kitchen & use a range of equipment  |   |
|-----------------|--|--|--|---|--|--|--|---|
|                 | Rotation1 Au1  | Rotation 1 Au1   | Rotation 1 Sp1   | AP1- Rotation 1                             | Rotation 2 Sp2   | Rotation 2 Sp2   | Rotation 2 Su2   | AP2- Rotation 2                             |
| <b>Content</b>  | Hygiene & Safety   | Basic preparation & cooking skills   | Basic preparation & cooking skills   | Pizza Toast Timeplan & Practical Assessment | Hygiene & Safety   | Basic preparation & cooking skills   | Basic preparation & cooking skills   | Pizza Toast Timeplan & Practical Assessment |
| <b>Skills:</b>  | Design, prepare and make a range of well-balanced food products.<br><br>Use catering equipment in a safe and hygienic way. | Design, prepare and make a range of well-balanced food products.<br><br>Understand meat safety and cross contamination | Design, prepare and make a range of well-balanced food products.<br><br>Understand the importance of the Eatwell Guide reflecting on their own daily habits. |   | Design, prepare and make a range of well-balanced food products.<br><br>Use catering equipment in a safe and hygienic way. | Design, prepare and make a range of well-balanced food products.<br><br>Understand meat safety and cross contamination | Design, prepare and make a range of well-balanced food products.<br><br>Understand the importance of the Eatwell Guide reflecting on their own daily habits. |   |

# HGSS Curriculum Map

## Year 8 Food Technology



| Exam Board: N/A |   | Careers: Chef, Baker, Barista, Butcher, Catering Manager, Cellar Technician  |  |   | Co-Curricular:  |  | Sequencing: Year 9 Develop more complex preparation & cooking skills                             |   |
|-----------------|---|--|--|---|---|--|--|---|
|                 | Rotation1 Au1   | Rotation 1 Au1   | Rotation 1 Sp1   | AP1- Rotation 1                                     | Rotation 2 Sp2  | Rotation 2 Sp2   | Rotation 2 Su2   | AP2- Rotation 2                                     |
| Content         | Understanding of nutrition and healthy eating principles.                               | Understanding of nutrition and healthy eating principles.  | Understanding of nutrition and healthy eating principles.  | Stir Fry Timeplan Practical assessment & Evaluation | Understanding of nutrition and healthy eating principles.                               | Understanding of nutrition and healthy eating principles.  | Understanding of nutrition and healthy eating principles.  | Stir Fry Timeplan Practical assessment & Evaluation |
| Skills          | Work safely in the kitchen & use a range of tools and equipment.<br><br>Baking & Pastry | Work safely in the kitchen & use a range of tools and equipment.<br><br>Stir Fry Time plan Practical exam Evaluation<br><br>Creaming | Work safely in the kitchen & use a range of tools and equipment.<br><br>Roasting & Dietary Needs |   | Work safely in the kitchen & use a range of tools and equipment.<br><br>Baking & Pastry | Work safely in the kitchen & use a range of tools and equipment.<br><br>Stir Fry Time plan Practical exam Evaluation<br><br>Creaming | Work safely in the kitchen & use a range of tools and equipment.<br><br>Roasting & Dietary Needs |   |

# HGSS Curriculum Map

## Year 9 Food Technology Specialism



| Exam Board: N/A |  | Careers: Chef, Baker, Barista, Butcher, Catering Manager, Cellar Technician |   |                                   | Co-Curricular:   |                                | Sequencing: Develop complex cooking skills & be able to plan dishes |   |
|-----------------|--|---|---|-----------------------------------|--|--------------------------------|---|---|
|                 | Autumn 1   | Autumn 2  | Spring 1  | AP1                               | Spring 2   | Summer 1                       | Summer 2  | AP2   |
| <b>Content</b>  | Develop more complex cooking skills  | Develop more complex cooking skills   | Develop more complex cooking skills<br>Complete AP Assessment | Time plan<br>Practical Assessment | Street Food Project  | Street Food Project            | Street Food Project   | Street Food project book & practical assessment |
| <b>Skills:</b>  | Work on more medium to complex preparation & cooking skills.<br><br>Brunoise<br>Pasta Making<br>Poaching | Marinating<br>Creaming & piping<br>Pastry                                   | Fairy cakes<br>Cottage pie/piping<br>Assessment<br>Melting    |                                   | Research packaging<br>Environmental considerations<br>Research recipes | Time plan for street food dish | Practical Assessment for Street food<br>Evaluation                  |   |

# HGSS Curriculum Map

## Year 10 Hospitality and Catering



| Exam Board: WJEC |  |   | Careers: Chef, Baker, Barista, Butcher, Catering Manager, Cellar Technician   |  | Co-Curricular:   |   | Sequencing: Understand the catering industry & develop complex cooking skills   |  |
|------------------|--|---|---|--|--|---|---|--|
|                  | Autumn 1   | Autumn 2  | Spring 1  | AP1  | Spring 2   | Summer 1  | Summer 2  | AP2  |
| <b>Content</b>   | Hospitality & Catering industry and job requirements and working conditions  | Operations of the kitchen, front of house and meeting customer requirements   | Time plan and high skilled dishes   | Written paper on forms<br>Practical assessment | Presentation techniques and health and safety for employers and employees  | Mock practical exam   | Food related causes of ill health and food allergies and intolerances   | Mock written paper, time plan, Practical assessment & evaluation |
| <b>Skills:</b>   | Structure and job requirements for the industry.<br><br>Range of complex preparation & cooking skills<br><br>Emulsifying Baton, chiffonade, dicing, slicing, deseeding, julienne, segmenting | Operational activities in a kitchen and front of house.<br><br>Customer needs, requirements and expectations within the industry<br><br>Temporary & permanent emulsion<br><br>Whisking, piping & baking | Make a high skilled practical dish using a range of cooking techniques and methods<br><br>Master techniques for completing a time plan successfully |  | Range of presentation techniques to style food dishes<br><br>Laws for the H&C industry and the risks and control measures to be put into place | Plan and prepare a two course meal showing a range of high skills | Range of nutrients including unsatisfactory and excessive nutritional intake<br><br>Importance of causes of food related ill health and food allergies.<br><br>Nutritional needs of specific groups of people |  |

# HGSS Curriculum Map

## Year 11 Hospitality and Catering



| Exam Board: WJEC |  |  | Careers: Chef, Baker, Barista, Butcher, Catering Manager, Cellar Technician  |   | Co-Curricular:            |                           | Sequencing: |     |
|------------------|--|--|--|---|---------------------------|---------------------------|-------------|-----|
|                  | Autumn 1   | Autumn 2   | Spring 1   | AP1   | Spring 2                  | Summer 1                  | Summer 2    | AP2 |
| <b>Content</b>   | Nutrition  | Mock   | NEA  | Mock Written paper, timeplan, practical exam & evaluation | Revision for Written Exam | Revision for Written Exam |             |     |
| <b>Skills:</b>   | Range of nutrients including unsatisfactory and excessive nutritional intake | Plan and prepare a two course meal showing a range of high skills<br><br>Nutrients and the nutritional needs of specific groups of people. | Plan and prepare a two course meal showing a range of high skills & evaluate<br><br>Impact of cooking methods on nutritional value |   |                           |                           |             |     |