Rivers

Education Support Centre

Food Tech KS3/KS4 Curriculum overview

Curriculum Overview

Food Technology at Rivers ESC develops students' confidence, independence and life skills through cooking, food preparation and nutritional awareness. Students gain the knowledge and skills needed for healthy living, greater independence and future employment prospects, alongside an understanding of food safety, hygiene, budgeting, meal planning and healthy food choices.

Curriculum Structure (KS3 & KS4)

Students develop knowledge and skills in food safety and hygiene, food preparation, cooking techniques and healthy eating, alongside the safe use of equipment, recipe development and an understanding of balanced diets.

KS3 Learning Focus

Students develop confidence in the kitchen by building fundamental food preparation, cooking and nutrition skills. They learn to work safely and independently while developing good food hygiene practices and an understanding of healthy eating.

- **Practical Cooking Skills:** Basic food preparation, cooking methods and safe use of kitchen equipment.
- **Food and Nutrition:** Food groups, healthy eating and the benefits of a balanced diet.
- **Recipe Development:** Following simple recipes and evaluating completed dishes.
- **Seasonal Foods:** Exploring seasonal, cultural and festive dishes.

KS4 Learning Focus

Students build upon the knowledge and skills developed at KS3, applying them with increasing independence while working towards recognised qualifications and preparing for further education, employment and adulthood.

- **Advanced Practical Skills:** Developing more complex food preparation, cooking and presentation techniques.
- **Independent Living Skills:** Meal planning, budgeting, organisation and time management.
- **Nutrition and Dietary Needs:** Exploring healthy eating, special diets and nutritional requirements.
- **Qualifications and Employability:** Working towards BTEC Home Cooking Skills and Food Safety qualifications while developing employability skills.

Purpose of Study

Food Technology provides students with the skills, knowledge and confidence to prepare food safely, make informed choices and develop greater independence. Through practical experiences, students build resilience, responsibility and self-confidence while preparing for further education, employment and adult life.

KS3 Curriculum Sequence

Term	Topic Area	Learning focus
Autumn 1	Introduction to Food Technology	Kitchen safety, hygiene, hazards, food storage, personal hygiene, weighing and measuring, basic food preparation skills.
Autumn 2	Baking and Festive Foods	Baking techniques, recipe following, food presentation, seasonal foods, decorating skills, accurate measuring.
Spring 1	Food Storage and Preservation	Shelf life, food preservation methods, food labelling, use-by and best-before dates, reducing food waste.
Spring 2	Carbohydrates and Healthy Meals	Sources and functions of carbohydrates, pasta dishes, bread products, healthy meal preparation.
Summer 1	Dairy and Eggs	Nutritional benefits of dairy, functions of eggs, food poisoning risks, animal welfare, refining practical skills.
Summer 2	Protein, Fruit and Vegetables	Protein sources, vegetarian and vegan diets, Eatwell Guide, five-a-day, creating nutritious balanced meals.

KS4 Curriculum Sequence

Term	Topic Area	Learning Focus
Autumn 1	Kitchen Safety and Food Hygiene	Students learn safe working practices in the kitchen, including personal hygiene, cross-contamination, food safety, weighing and measuring, knife skills and basic food preparation techniques.
Autumn 2	Food Storage, Preservation and Healthy Eating	Students develop an understanding of food storage, preservation methods, shelf life, food labelling and the Eatwell Guide. They begin to apply nutritional knowledge when preparing dishes.
Spring 1	Food Preparation Techniques and Nutrition	Students refine practical cooking skills while exploring food groups, their functions and the role of nutrients within a balanced diet.
Spring 2	Practical Cooking and Menu Planning	Students apply cooking techniques to prepare a wider range of dishes while developing skills in menu planning, organisation and meal preparation.
Summer 1	Budgeting, Organisation and Food Presentation	Students learn how to plan meals within a budget, manage time effectively, organise ingredients and equipment, and present dishes attractively.
Summer 2	Evaluation, Independence and Qualification Skills	Students evaluate their practical work, develop confidence in independent cooking and apply their skills to qualification-based tasks, portfolio development and food safety knowledge.

Qualifications (KS4)

- Pearson BTEC Level 1 Award in Home Cooking Skills
- Pearson BTEC Level 2 Award in Home Cooking Skills
- City & Guilds Level 2 Award in Food Safety in Catering

Promoting British Values

Student voice plays an important role within Food Technology, with students regularly sharing their views, preferences and feedback on recipes, ingredients and dishes. Students also have opportunities to apply their skills in meaningful contexts, including baking items to raise money for Macmillan during a coffee morning bake sale, learning about food aid through budgeting, reducing food waste and batch cooking, and helping to prepare and serve the annual Christmas dinner for students and staff. These experiences promote British Values through teamwork, communication, respect for others, responsibility and positive contributions to the school community.

Rule of Law

Students develop an understanding of the Rule of Law by following kitchen safety rules, food hygiene procedures and safe working practices. They learn the importance of using equipment safely and responsibly, as well as understanding the consequences of unsafe behaviour and the responsibilities involved in maintaining a safe working environment for themselves and others.

Mutual Respect and Tolerance

Students develop an understanding of mutual respect and tolerance by working collaboratively during practical activities, respecting the opinions, preferences and contributions of others, and recognising that people may have different beliefs, cultures and traditions. Through exploring foods from a range of cultures and understanding different dietary requirements, students learn to appreciate diversity and show respect for the values and choices of others.

Individual Liberty

Students develop an understanding of individual liberty by building confidence and independence in the kitchen, making informed choices about food, and taking responsibility for food preparation and safe working practices. Through practical cooking activities, students are encouraged to make decisions, develop self-confidence and take ownership of their learning while working safely and responsibly.

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