



Year 7 Food Technology - Curriculum Overview and KS3 Progress Descriptors 2023/24

Aims and Rationale

As students progress throughout KS3, they are encouraged to become independent chefs. The three year curriculum allows students to build on their theoretical and practical knowledge of cookery year by year, and then apply this knowledge to make their own independent dish at the end of the Key Stage (Y9).

Curriculum Content

Year 7:

Practical Knowledge: including Bridge and Claw Grip, Rubbing-In Method, Use of grill, oven and hob, handling raw meat, boiling, frying

Theoretical Knowledge including Healthy Eating, 4C's, Hygiene and Safety, how to use the grill, oven and hob, Enzymic Browning.

Practical Dishes - Pizza Toast, Fruit Crumble, Pasta Salad, Cheese Straws, Fajitas

Key Terms/Themes

Year 7

Key Terms

Rubbing-in, High-risk foods, Chopping, Contamination, Cross-contamination, Eatwell Guide, Hygiene, Enzymic browning

Themes

Health and Safety, Healthy Eating, Basic Practical Skills

How we assess at Key Stage 3

At Hitchin Girls' School our curriculum is our progress model. Students benefit from a broad, diverse and challenging curriculum which increases in difficulty and challenge as students progress through the school. The expectation is that all students meet our curriculum at their relevant age range and as such meet the minimum of the secure descriptors below. Those working at an advancing level are working above, while those excelling are consistently working at a level far above their age range.



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	Developing	Secure	Advancing	Excelling
Theoretical Knowledge	<ul style="list-style-type: none">● Shown a developing ability: Knowledge: You have demonstrated limited/some understanding of how the preparation and cooking of ingredients changes the sensory and nutritional properties of food.● You have demonstrated some knowledge of safety principles when buying, storing, preparing and cooking food. You have demonstrated limited understanding of the function of ingredients in dishes.	<ul style="list-style-type: none">● Shown a secure ability: Knowledge: You have demonstrated a good understanding of how the preparation and cooking of ingredients changes the sensory and nutritional properties of food.● You have demonstrated a secure knowledge of safety principles when buying, storing, preparing and cooking food.● You have demonstrated a secure understanding of the function of ingredients in dishes.	<ul style="list-style-type: none">● Shown an advanced ability: Knowledge: You have demonstrated a substantial understanding of how the preparation and cooking of ingredients changes the sensory and nutritional properties of food.● You have demonstrated substantial knowledge of safety principles when buying, storing, preparing and cooking food.● You have demonstrated a substantial understanding of the function of ingredients in dishes.	<ul style="list-style-type: none">● Shown an excellent ability: Knowledge: You have demonstrated a full understanding of how the preparation and cooking of ingredients changes the sensory and nutritional properties of food.● You have demonstrated full knowledge of safety principles when buying, storing, preparing and cooking food.● You have demonstrated a full understanding of the function of ingredients in dishes.



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Making Knowledge	<ul style="list-style-type: none">• Shown emerging ability: Organisation: You have attempted to follow a recipe and completed the making of your dish in a logical order. Support needed to ensure the dish was completed. Hygiene & Safety: You have started to show some knowledge of safety principles when buying, storing, preparing and cooking food. Skills: You have shown knowledge of the basic practical skills used to make dishes. Knowledge Application: You have started to show how the preparation and cooking of ingredients changes the sensory and nutritional properties of food. You have started to show your knowledge of the function of the ingredients used to make dishes.	<ul style="list-style-type: none">• Shown a competent ability: Organisation: You have followed a recipe and completed the making of your dish in a logical order. No support was needed to ensure the dish was completed. Hygiene & Safety: You have shown knowledge of safety principles when buying, storing, preparing and cooking food. Skills: You have shown competence of the basic practical skills used to make dishes. Knowledge Application: You have shown how the preparation and cooking of ingredients changes the sensory and nutritional properties of food. You have shown your knowledge of the function of the ingredients used to make dishes.	<ul style="list-style-type: none">• Shown a very good ability: Organisation: You have followed a recipe with great accuracy and completed the making of your dish in a logical order. You have shown great independence. Hygiene & Safety: You have shown very good knowledge of safety principles when buying, storing, preparing and cooking food. Skills: You have shown accurate usage of the practical skills used to make dishes. Knowledge Application: You have shown with accuracy how the preparation and cooking of ingredients changes the sensory and nutritional properties of food. You have shown your knowledge of the function of the ingredients used to make dishes.	<ul style="list-style-type: none">• Shown an exceptional ability: Organisation: You have followed a recipe with extreme accuracy and completed the making of your dish in a logical order. You have shown great independence and have supported others. Hygiene & Safety: You have shown excellent knowledge of safety principles when buying, storing, preparing and cooking food. Skills: You have shown great accuracy usage of the practical skills used to make dishes. Knowledge Application: You have shown with great accuracy how the preparation and cooking of ingredients changes the sensory and nutritional properties of food. You have shown your knowledge of the function of the ingredients used to make dishes.
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<p style="text-align: center;">Making Skills</p>	<ul style="list-style-type: none">• Shown an emerging ability: Quality: You have produced a dish that shows an appropriate level of finish. Skills: You have shown basic practical methods and skills when making your dish. Some help needed to demonstrate correct practical methods. Use of Equipment: Limited range of Equipment used. Some help needed to use equipment correctly.	<ul style="list-style-type: none">• Shown a competent ability: Quality: You have produced a dish that shows a good level of finish. Skills: You have shown good practical methods and skills when making your dish. No support is needed to demonstrate correct practical methods. Use of Equipment: Range of Equipment used. Limited help needed to use equipment correctly.	<ul style="list-style-type: none">• Shown a very good ability: Quality: You have produced a dish that shows a very good level of finish. Skills: You have shown very good practical methods and skills when making your dish. You have shown great independence. Use of Equipment: Variety of Equipment used. You have shown great independence	<ul style="list-style-type: none">• Shown an exceptional ability: Quality: You have produced a dish that shows an excellent level of finish. Skills: You have shown excellent practical methods and skills when making your dish. You have shown great independence and have assisted others. Use of Equipment: Wide variety of Equipment used. You have shown great independence and have assisted others.
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