

WJEC Food Technology

Planning 2022

Autumn term 1 & 2

Health, Safety & Hygiene

| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
|----------------------|---|--|---|---|--|---|
| Autumn Term 1 | Topic(s): Identify general hygiene and safety points. | Topic(s): Identify general hygiene and safety points. | Topic(s): Identify the main causes of food poisoning. | Topic(s): Identify three types of food poisoning. | Topic(s): Describe the main symptoms of food poisoning. | Topic(s): Identify the effects of food poisoning on health. |
| | Activities: <ul style="list-style-type: none"> Identify hazards in the kitchen. Use basic knife skills. | Activities: <ul style="list-style-type: none"> Practice washing hands correctly. Watch FSA videos. | Activities: <ul style="list-style-type: none"> Identify where in the fridge food should be stored. | Activities: <ul style="list-style-type: none"> Look at how temperature effects food and food bacteria. Identify the DANGER ZONE. | Activities: <ul style="list-style-type: none"> Recap on the 4C's Identify 3 food poisoning bacteria. | Activities: <ul style="list-style-type: none"> Washing hands correctly. Watch FSA videos. |
| | Skills: <ul style="list-style-type: none"> Claw grip. Bridge Hold. Weighing out using cup measurements. | Skills: <ul style="list-style-type: none"> Be able wash hands independently. | Skills: <ul style="list-style-type: none"> Handling raw meat and preventing cross-contamination. | Skills: <ul style="list-style-type: none"> Be able to store food in the fridge correctly. | Skills: <ul style="list-style-type: none"> Be able to identify basic risks in the food room. | Skills: <ul style="list-style-type: none"> Weigh out ingredients with some accuracy. |
| | Knowledge: <ul style="list-style-type: none"> Personal hygiene rules. Knife safety. | Knowledge: <ul style="list-style-type: none"> Know what the 4 C's are. Begin to understand how food poisoning occurs. | Knowledge: <ul style="list-style-type: none"> Understand the difference between Use by and best before. | Knowledge: <ul style="list-style-type: none"> Understand the importance of storing and cooking food properly. | Knowledge: <ul style="list-style-type: none"> Identify symptoms of food poisoning. Be able to name 3 types of food poisoning. | Knowledge: <ul style="list-style-type: none"> Understand the effects of food poisoning on health and who is mostly at risk. |
| | Cooking: <ul style="list-style-type: none"> Work safely and hygienically during practical sessions. Upside down banana cake. | Cooking: <ul style="list-style-type: none"> Work safely and hygienically during practical sessions. Burgers. | | Cooking: <ul style="list-style-type: none"> Work safely and hygienically during practical sessions. | | |

Food & Health

| | | Week 11 & 12 | | Week 13 & 14 | | |
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| Autumn Term 2 | Lesson 1 topic(s): Entry 2 - Give basic explanation of current nutritional guidelines. Entry 3 - Identify current nutritional guidelines. | Lesson 2 topic(s): Entry 2 - Give basic explanation of current nutritional guidelines. Entry 3 - Identify current nutritional guidelines. | Lesson 1 topic(s): Entry 2 & 3 - Identify the main nutrients needed by the body. Entry 3 - Identify food sources for the main nutrients. | Lesson 2 topic(s): Entry 2 - Illustrate results of poor food choice. Entry 3 - Identify food sources for the main nutrients. | | |
| | Activities: <ul style="list-style-type: none"> Look at the effect food has on us. Investigate the different parts of the eatwell guide. Make a balanced plate game. Label and identify where ingredients go on the eatwell guide. | Activities: <ul style="list-style-type: none"> Match a range of meals to the eatwell guide. Begin a poster / leaflet to inform others how to make better choices when shopping and eating. | Activities: <ul style="list-style-type: none"> Attempt to complete the leaflet / poster started last week | Activities: <ul style="list-style-type: none"> Identify the main nutrients our bodies need. Identify how poor food choices effect our bodies. | | |
| | Cooking: Soup Entry 2 - Prepare a number of healthy dishes Entry 3 - Prepare dishes using healthy/alternative foods/cooking methods <ul style="list-style-type: none"> Work safely and hygienically during practical sessions. Prepare and cook healthy meal (soup). | | Cooking: Couscous Entry 2 - Prepare a number of healthy dishes Entry 3 - Prepare dishes using healthy/alternative foods/cooking methods <ul style="list-style-type: none"> Work safely and hygienically during practical sessions. Prepare and cook a healthy meal (Couscous). | | | |
| | Skills: <ul style="list-style-type: none"> prepare an onion; prepare a range of vegetables, e.g. slicing, dicing; measure liquids accurately, e.g. water, milk; use a hob safely; simmer the soup, ensuring that it does not boil over; | | Skills: <ul style="list-style-type: none"> measure ingredients; prepare ingredients, e.g. slicing, dicing, grating; cook a starchy food, e.g. couscous or pasta; combine ingredients into a deli-style salad; use the hob safely, if appropriate; | | | |
| | Knowledge: <ul style="list-style-type: none"> What the sections of the eatwell guide mean. Why the sections are different sizes. How to use the eatwell guide for their own diet. Identify food groups in a range of meals. | | Knowledge: <ul style="list-style-type: none"> Personal hygiene rules. Knife safety. Hob safely. | | Knowledge: <ul style="list-style-type: none"> What good and bad food choices are. Of the eatwell guide. | |
| | | | Knowledge: <ul style="list-style-type: none"> Personal hygiene rules. Knife safety. Hob safely. Boiling a kettle. Using a stock cube. | | | |

Food & Health

| | | Week 15 & 16 | | Week 17 & 18 | | |
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| Autumn Term 2 | Lesson 1 topic(s): Entry 3 - Identify food sources for the main nutrients. | Lesson 2 topic(s): Entry 2 - Identify dishes/meals from a selection. | Lesson 1 topic(s): Entry 3 - Plan healthy meals. | Lesson 2 topic(s): Entry 2 & 3 - Prepare a number of healthy dishes using healthy/alternative foods/cooking methods. | | |
| | Activities: <ul style="list-style-type: none"> Look at what they know about nutrients. Students make up their own information cards. Play some games based on healthy eating and nutrients. | Activities: <ul style="list-style-type: none"> Match the different dishes to their names. Look at 4 different diets and answer questions about them. Suggest healthy alternatives. | Activities: <ul style="list-style-type: none"> Plan healthy meals for a range of user needs. Pick a scenario and design a healthy meal for them. Produce a shopping list. | Activities: <ul style="list-style-type: none"> Evaluate some of the dishes we have made this term. Stick down photos in the skills books. | | |
| | Cooking: Entry 2 - Prepare a number of healthy dishes Entry 3 - Prepare dishes using healthy/alternative foods/cooking methods <ul style="list-style-type: none"> Work safely and hygienically during practical sessions. Prepare and cook healthy meal (Kebabs). | | Cooking: Entry 2 - Prepare a number of healthy dishes Entry 3 - Prepare dishes using healthy/alternative foods/cooking methods <ul style="list-style-type: none"> Work safely and hygienically during practical sessions. Prepare and cook healthy meal (Thai Green Curry). | | | |
| | Skills: Kebabs <ul style="list-style-type: none"> measure ingredients; prepare a range of ingredients for fillings, e.g. peeling; handle ingredients safely, e.g. meat and fish preparation; combine ingredients uniformly to the correct consistency; use a food processor to prepare ingredients; shape and form ingredients, use the oven or grill safely; | | Skills: Thai Green Curry <ul style="list-style-type: none"> prepare a range of ingredients, e.g. de-seeding chillies; handle meat safely, if applicable; use the hob safely; | | | |
| | Knowledge: <ul style="list-style-type: none"> What nutrients our bodies need and what for. Be able to judge if a meal is healthy and why. | Knowledge: <ul style="list-style-type: none"> Personal hygiene rules. Knife safety. Hob safely. | Knowledge: <ul style="list-style-type: none"> Enough knowledge to plan a healthy meal. Identify ingredients to make a meal. | Knowledge: <ul style="list-style-type: none"> Personal hygiene rules. Knife safety. Hob safely. | | |
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