

**SUMMERFIELD EDUCATION CENTRE – COVID 19 CATCH UP FROM SUMMER CURRICULUM FOR SEPTEMBER 2020**

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| **SUBJECT AREA: Food Technology** **KEY FLUENCY LEARNING YEAR GROUP Key Stage 3** **BEFORE MOVING ONTO: Hospitality and Catering Level 1/2 (Year10)** |

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| \* | Skills based tasks | Completed |
|  | To understand the types of flour available and the different uses in cooking. * Plain flour – Pastry and biscuits.
* Self-raising flour- Cakes, sponges.
* Strong flour – Breads and doughs.
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| 1. | Making a basic batter mix – Pancakes | September 20 |
| 2. | Creaming method – Small batch of cakes | September 20 |
| 3. | Creaming and melting method - Cookies | September 20 |
| 4. | Pastry – Jam tarts | October 20 |
| 5. | Sweet short crust pastry | October 20 |
| 6. | Rubbing in method - Crumble | November 20 |
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| \* | Nutrients and Food Labelling |  |
|  | Revisit learning from Autumn Term to embed previous knowledge and understanding.To understand the principles of a healthy balanced diet and the benefits. |  |
| 1 | Nutrients and their benefits | October 20 |
| 2 | Sugars and Salts in food | November 20 |
| 3 | Vitamins and minerals - why are they important. | November 20 |
| 4 | Food labelling- Traffic light system | November 20 |
| 5. | 5 A day - Encouraging young children to eat fruit and vegetables | October 20 |
| \* | Food Safety |  |
|  | To understand the principles of food/personal hygiene. Safe storage and handling of food. To understand the main causes and symptoms of foodborne illness. |  |
| 1. | Food additives/ allergies |  |
| 2. | Food choices / dietary needs. |  |
| 4. | Boiling – Eggs (Salmonella , Cross contamination) | November 20 |
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