

**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 - Year 10**  **BEFORE MOVING ONTO: Hospitality and Catering Level 1/2** |

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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. |  |
| 1. | Making a basic batter mix – Pancakes |  |
| 2. | Creaming method – Small batch of cakes |  |
| 3. | Creaming and melting method - Cookies |  |
| 4. | Pastry – Jam tarts |  |
| 5. | Sweet short crust pastry |  |
| 6. | Rubbing in method - Crumble |  |
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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 |  |
| 2 | Sugars and Salts in food |  |
| 3 | Vitamins and minerals - why are they important. |  |
| 4 | Food labelling- Traffic light system |  |
| 5. | 5 A day - Encouraging young children to eat fruit and vegetables |  |
| \* | 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) |  |
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