

What we teach in Food Technology

At New Avenue, we teach Food Technology to help pupils develop essential life skills around food, nutrition, and cooking.

Pupils learn how to prepare and cook food safely, understand healthy eating, and make sustainable, informed choices about the food they eat.

The curriculum covers cooking techniques, food science, food safety, nutrition, sustainability, special diets, and food provenance.

Through practical and theoretical learning, pupils develop confidence in preparing meals and gain a deeper understanding of how food impacts health, culture and the environment.

How we teach Food Technology

Food Technology lessons follow a consistent structure:

- **Retrieval Activity**
Pupils begin by revisiting prior knowledge, including key kitchen skills, food facts or nutrition content.
- **Lesson Intention**
Teachers introduce the focus for the session clearly, covering both theoretical understanding and practical application.
- **Demonstration and Guided Practice**
Pupils are shown key skills (e.g., chopping, kneading, baking) and practise alongside teacher modelling.
- **Independent Cooking or Food Investigation**
Pupils complete a hands-on task such as cooking a dish, experimenting with ingredients, or evaluating food outcomes.

- **Reflection and Evaluation**

Pupils reflect on the process, their outcomes, hygiene practices and the quality of their food.

Lessons are multisensory, practical and scaffolded to support pupils of different skill levels, ensuring accessibility for all.

Real-world experiences such as cooking for events, food competitions, and themed celebrations (e.g., Chinese New Year) are integrated into the programme.

How we measure progress in Food Technology

Progress is assessed through:

- Practical cooking assessments (e.g., making bread, chow mein, scones).
- The quality, safety and presentation of prepared dishes.
- Written tasks on nutrition, food safety, sustainability and food science.
- Teacher observations during practical sessions.
- End-of-unit projects, including recipe creation, adaptation and evaluations.

Assessment focuses on cooking competence, understanding of nutrition and food science, and the ability to plan, adapt and evaluate meals.

Curriculum Overview for Food Technology

Phase	Focus	Key Topics
Foundation (Years 1–2)	Introduction to food, simple cooking, basic hygiene	Learning the Kitchen, Exploring Tastes, Food Safety, Healthy Choices, Food Groups, Simple Recipe Creation
Phase 1 (Years 3–4)	Developing basic cooking and nutrition understanding	Kitchen and Food Safety, Eating Well, Seasonal Produce, Cooking Techniques, Healthy Recipe Adaptation, Food Labels
Phase 2 (Years 5–6)	Building deeper food knowledge and cooking for dietary needs	World Foods and Cultures, Food Science Experiments, Special Diet Meal Planning, Food Waste and Sustainability, Advanced Cooking Skills, Entrepreneurship Projects
Phase 3 (Years 7–9)	Strengthening practical skills and nutrition knowledge	Nutritional Content and Meal Planning, Food Production and Investigation, Seasonal Produce, Recipe Adaptation, Allergen Awareness
Phase 4 (Years 10–11)	Preparing for BTEC Home Cooking Skills or GCSE Food Prep and Nutrition	Cooking Methods, Advanced Practical Skills, Nutrition Analysis, Food Science Investigations, Food Safety and Consumer Awareness, Final Practical Assessments

Food Technology Long-Term Plan

Phase	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation (Years 1–2)	Learning the Kitchen & Eating Well	Food Origins & Exploring Tastes	Cooking and Healthy Choices	Food Safety, Hygiene & Cooking Methods	Food Groups and Sustainability	Recipe Creation and Modification
Phase 1 (Years 3–4)	Introduction to Kitchen Skills	Understanding Nutrition and Hydration	Seasonal Produce and Food Miles	Cooking Methods and Food Hygiene	Healthy Recipe Adaptations	Food Labelling and Allergy Awareness
Phase 2 (Years 5–6)	World Foods and Flavour Exploration	Food Science: Heat and Ingredients	Meal Planning for Special Diets	Sustainability and Reducing Food Waste	Advanced Cooking and Presentation	Food Product Development
Phase 3 (Years 7–9)	Kitchen Skills and Food Safety	Balanced Nutrition and Healthy Eating	Provenance and Sustainability	Recipe Development and Food Science	Special Diets and Allergen Cooking	Practical Food Challenges and Assessment

Phase 4 (Years 10–11)	Introduction to Home Cooking and Nutrition	Advanced Cooking Techniques and Food Science	Food Processing, Sustainability and Safety	Recipe Development and Nutritional Analysis	Controlled Assessments and Coursework	Final Practical Exams and Presentations
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