KS4 Food Technology Long Term Plan

Brookvale Academy

Intent:

Our KS4 Food Technology curriculum provides pupils with the knowledge, practical skills and confidence to make informed decisions about food, nutrition and healthy living while preparing them for their next steps in education, employment and independent adulthood. Through a combination of hands-on practical experiences and theoretical understanding, pupils develop essential food preparation skills, an understanding of food science and nutrition, and an appreciation of the role food plays in health, wellbeing and society. Learning is engaging, relevant and rooted in real-life contexts, enabling pupils to build independence and experience success.

The curriculum is designed to meet the diverse needs and aspirations of our learners through two qualification pathways. Pupils with an interest in careers within the food, hospitality or catering industries can follow the NCFE Technical Award in Food and Cookery Levels 1 and 2, developing a deeper understanding of nutrition, food science, food provenance and industry-related skills. For pupils who benefit from a more practical, hands-on approach with less emphasis on theory, we offer the BTEC Home Cooking Skills Levels 1 and 2. This pathway focuses on developing practical cooking skills, meal planning, budgeting, food safety and the knowledge needed to prepare healthy meals independently. Flexibility between pathways ensures pupils can access the qualification that best matches their strengths, needs and future aspirations.

Throughout KS4, pupils are encouraged to develop independence, resilience and pride in their achievements. They learn to work safely and responsibly, solve problems, adapt recipes, evaluate outcomes and make informed choices about food and nutrition. By the end of their course, pupils will have gained a recognised qualification alongside valuable life and employability skills, preparing them for further education, training, apprenticeships and careers within the food and hospitality sector, while also equipping them with the knowledge and confidence needed for healthy and independent living.

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Pathway ONE

Priorities: Increased attendance, develop positive relationships, Develop simple learning behaviours

Food Technology in Pathway 1 focuses on increasing attendance, developing positive relationships and establishing simple learning behaviours through practical, engaging activities. Pupils build confidence by preparing and cooking simple dishes, following routines and working safely in the kitchen. Through achievable hands-on tasks and recognised qualifications, pupils experience success, develop independence and begin to understand the importance of healthy food choices and everyday life skills.

Pathway TWO

Priorities: Increased attendance, improved engagement and participation in lessons, develop wider relationships, progress in literacy/numeracy

Food Technology in Pathway 2 supports pupils to improve attendance, engagement and participation while developing wider relationships and strengthening literacy and numeracy skills. Through practical cooking activities, pupils apply reading, measuring, weighing and problem-solving skills in meaningful contexts. Pupils work collaboratively, develop confidence in their abilities and progress towards accredited qualifications, while gaining knowledge and skills that support healthy lifestyles and future aspirations.

Pathway THREE

Priorities: consistently high attendance, consistently positive engagement and participation in lessons, appropriate positive social interactions, Academic progress.

Food Technology in Pathway 3 is delivered through the NCFE Technical Award in Food and Cookery, providing pupils with opportunities to develop both practical cookery skills and a deeper understanding of nutrition, food science and the food industry. Pupils are expected to demonstrate consistently positive engagement, strong learning behaviours and academic progress as they work towards a Level 1 or Level 2 qualification. Through investigating food choices, planning and preparing dishes, and evaluating nutritional and environmental factors, pupils develop independence, critical thinking and employability skills. This pathway prepares learners for further study, apprenticeships and careers within the hospitality, catering and food sectors while promoting healthy living and informed decision-making.

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NCFE Technical award in food and cookery qualification pathway

Year 10

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1. Health and safety relating to food, nutrition and the cooking environment	2. Food legislation and food provenance	3. Food groups, key nutrients and a balanced diet	3: Food groups, key nutrients and a balanced diet 4: Factors affecting food choice 10	5: Food preparation, cooking skills and techniques	5: Food preparation, cooking skills and techniques
1.1 Safe and hygienic working practices relating to the individual and the cooking environment 1.2 Potential hazards and risks in the cooking environment 1.3 Hazard Analysis and Critical Control Point (HACCP) 1.4 Minimising risk in the cooking environment 1.5 Safe and hygienic working practices when using cooking equipment and utensils	2.1 The Food Standards Agency (FSA) and food safety legislation 2.2 Food provenance 2.2.1 Grown 2.2.2 Reared 2.2.3 Caught 2.3 Food transportation 2.4 Food processing 2.4.1 Why food is processed 2.4.2 Advantages of processed food 2.4.3 Disadvantages of processed food 2.5 Food manufacturing 2.5.1 Why food is manufactured 2.5.2 Advantages of manufactured food 2.5.3 Disadvantages of manufactured food	3.1 Food groups 3.2 The components of a balanced diet 3.2.1 Proportions of the food groups 3.2.2 UK government healthy eating tips 3.3 Nutrients 3.3.1 Sources and functions of macronutrients 3.3.2 Sources and functions of micronutrients 3.3.3 Sources and functions of minerals 3.3.4 Sources and functions of water 3.4 Nutrient imbalances 3.5 Fibre	3.6 Nutritional requirements for different groups of people 3.7 Food-related health conditions 3.7.1 Health conditions 3.7.2 Intolerances 3.7.3 Allergies 3.8 Nutritional information on food labels 4.1 Social factors 4.2 Environmental factors 4.3 Seasonality	5.1 Key stages and the purpose of a recipe 5.2 The characteristics and function of ingredients 5.3 Preparation skills 5.4 Cooking techniques 5.5 Cooking methods 5.6 Presentation skills	5.1 Key stages and the purpose of a recipe 5.2 The characteristics and function of ingredients 5.3 Preparation skills 5.4 Cooking techniques 5.5 Cooking methods 5.6 Presentation skills Recap food provenance : (2.2) Pupils design and batch-produce a product for the Willowfield Goes Green Horticultural Market, focusing on food provenance and sustainability.
Assessment: End of topic test	**Assessment:** End of topic test	**Assessment:** End of topic test	**Assessment:** End of topic test	**Assessment:** Mock exam	**Assessment:** End of unit test

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Year 11

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Recap content area 1 Content area 6: Recipe amendment, development and evaluation Content area 7: Menu and action planning for completed dishes	Recap content area 2 Content area 6: Recipe amendment, development and evaluation Content area 7: Menu and action planning for completed dishes	Recap content areas 3 and 4 3: Food groups, key nutrients and a balanced diet 4: Factors affecting food choice 10	Revise all areas	Examination Food and Cookery	Enrichment and Industry experience
Recap content area 1 6.1 Recipe amendment 6.1.1 Amending and developing recipes 6.2 Evaluating completed dishes 7.1 Interpreting a customer brief 7.2 Menu planning 7.3 Action planning 7.4 Evaluating the planning and outcome of completed dishes against the requirements of a customer brief	Recap content area 2 6.1 Recipe amendment 6.1.1 Amending and developing recipes 6.2 Evaluating completed dishes 7.1 Interpreting a customer brief 7.2 Menu planning 7.3 Action planning 7.4 Evaluating the planning and outcome of completed dishes against the requirements of a customer brief	Recap content areas 3 and 4	Revise all areas	Examination Food and Cookery	Enrichment and Industry experience
NEA practise Coursework completion	NEA Coursework completion	**Assessment:** Mock exam	Past papers	Examination Food and Cookery	

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Year 10 - BTEC Home cooking qualification pathway

Pupils take the BTEC Level 1 Award in Home Cooking Skills. This course focuses on building practical cooking skills and understanding the importance of nutrition, hygiene, and meal planning. It offers a valuable foundation for pupils who wish to develop lifelong cooking confidence or progress into hospitality or catering.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Prepare, cook and present nutritious home-cooked meals using basic ingredients		Prepare, cook and present nutritious home-cooked meals using basic ingredients		Food Provenance and Willowfield goes green event.	
Pupils will be able to: **Use cooking skills to make home-cooked food that does not use pre-prepared, ready-cooked food.** 1.1 Select and prepare ingredients for a recipe 1.2 Use cooking skills when following a recipe 1.3 Demonstrate food safety and hygiene throughout the preparation and cooking process .		**Pupils will be able to:** **Use cooking skills to make home-cooked food that does not use pre-prepared, ready-cooked food.** 1.1 Select and prepare ingredients for a recipe 1.2 Use cooking skills when following a recipe 1.3 Demonstrate food safety and hygiene throughout the preparation and cooking process **Understand the value of passing on information about home cooking.** 2.1 Reflect on own learning about the value of gaining cooking skills 2.2 Identify ways to pass on information about home cooking		**Pupils will be able to:** **Use cooking skills to make home-cooked food that does not use pre-prepared, ready-cooked food.** 1.3 Select and prepare ingredients for a recipe 1.4 Use cooking skills when following a recipe 1.3 Demonstrate food safety and hygiene throughout the preparation and cooking process **Understand the value of passing on information about home cooking.** 2.1 Reflect on own learning about the value of gaining cooking skills 2.2 Identify ways to pass on information about home cooking Pupils design and batch-produce a product for the Willowfield Goes Green Horticultural Market, focusing on food provenance and sustainability.	
Assessment: 1.1 1.2 1.3	**Assessment:** 1.1, 1.2 1.3	**Assessment:** 1.1, 1.2, 1.3, 2.1, 2.2	**Assessment:** 1.1, 1.2, 1.3, 2.1, 2.2 Practical coursework	**Assessment:** 1.1, 1.2, 1.3, 2.1, 2.2	**Project:** Attend Willowfield goes green

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Year 11

Pupils who completed the Level 1 BTEC in Home Cooking continue with the Level 2 Award. This course enhances their cooking skills and introduces more complex techniques and recipes. Pupils also explore how to prepare meals on a budget and for different dietary needs, helping them gain practical life skills and a qualification that supports career or further education pathways in food-related industries.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Prepare, cook and present nutritious home-cooked meals using basic ingredients		Prepare, cook and present nutritious home-cooked meals using basic ingredients for a celebration event		Project: Cooking for Pleasure	
Pupils will be able to: **1. plan a nutritious, home cooked meal using basic ingredients** 1.1 Plan a nutritious two-course meal **2. Prepare, cook and present a nutritious, home cooked meal using basic ingredients** 2.1 Select and prepare ingredients for recipes for a nutritious, two-course meal 2.2 Use cooking skills when following the recipes 2.3 Demonstrate food safety and hygiene throughout the preparation and cooking process 2.4 Apply presentation skills when serving the meal		**Pupils will be able to:** **1. plan a nutritious, home cooked meal using basic ingredients** 1.1 Plan a nutritious two-course meal **2. Prepare, cook and present a nutritious, home cooked meal using basic ingredients** 2.1 Select and prepare ingredients for recipes for a nutritious, two-course meal 2.2 Use cooking skills when following the recipes 2.3 Demonstrate food safety and hygiene throughout the preparation and cooking process 2.4 Apply presentation skills when serving the meal **3. Understand how to cook economically at home** 3.1 Explain ways to economise when cooking at home **4. Pass on information about cooking meals at home from scratch** 4.1 Identify ways information about cooking meals at home from scratch has been passed on to others		Pupils explore cooking as an enjoyable and creative activity by selecting recipes of personal interest, experimenting with Flavours, ingredients, and presentation. They develop independence, food knowledge, and confidence while reinforcing safe and hygienic practices.	
Assessment: 1 and 2		**Assessment:** 1,2 and 3 – course work and assessment		**Project:** Cooking for Pleasure	