

West Kirby School Curriculum Plan Key Stage 3 & 4

Subject	Food Technology
Subject Lead	R Meegan

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	Health and safety Basic cooking skills	Healthy eating Food preparation Basic cooking skills	Dairy alternatives Basic cooking skills	Protein Basic cooking skills	Carbohydrates Basic cooking skills	Design and make afternoon tea project.
8	4Cs Developing cooking skills	Eatwell Guidelines Developing cooking skills	Vitamins and Minerals Developing cooking skills	Vegetarianism Developing cooking skills	Seasonality Developing cooking skills	Design and make lunch project.
9	Safe food preparation Cooking skills	Nutrients Cooking skills	Special dietary needs Cooking skills	Food choices Cooking skills	Food labelling Securing cooking skills	Food Enterprise Project
KS4	Food safety Food poisoning	Eatwell guidelines Balanced meals Allergies/intolerances	Economising Meal planning	Seasonality Recipe writing	BTEC Assessment	Enterprise