

# Food Technology Learning Journey

## Food Safety

- Health and hygiene
- Cross contamination
- Food storage
- Food borne illnesses
- Identify Hazards

## Food/ Nutrition (healthy diet)

- Functions of fruit/veg in our diet
- Fats and oils/
- Protein
- Carbs/dairy

## Food Provenance

- Source / production fish
- Lamb
- Eggs
- Wheat
- Rice

## Food preparation

- Functions of equipment
- Recipe adaptations
- Aeration
- Methods of cooking

## Food choice

- Influence of global cuisine
- Immigration impact
- Cultural factors
- Cost factors
- Dietary factors

## Food science/preparation

- Spores and moulds in food
- Food traceability
- Food certification
- Assurance

## Seasonal foods

- Food modification
- Seasonal produce
- Spring
- Summer
- Autumn
- Winter

## Diets/ health & Nutrition

- Teen meals
- Diabetic meals
- Elderly meals
- Lactose
- Menu planning

## Principles of Healthy eating

- Impact diet on health
- Energy
- Variety diets
- Macro nutrients
- Micro nutrients

## Diets and food choices

- Veganism
- Coeliac
- Dairy free
- Allergies
- Age factors
- Vegetarian

## Food origins

- Farm to fork Pork
- Fish
- Chicken
- Wheat
- Beef

## Food science

- Biological raising agents
- Chemical agents
- Types of heat sources

## Food evaluation

- Adapting recipes
- Analysing (sensory)
- Appropriate vocabulary
- Blind testing

## Meal kits vs home made

- Chinese
- Mexican
- British
- Pasta

## Food and a healthy diet

- Creating healthy meals
- Planning meals according to given specs
- Economising for healthy meals
- Balanced diets

## Food choices

- Social- economic context
- Environment
- Media influence
- Lifestyle choice
- Brain processes

## Where food comes from

- Technology
- Farming practices
- Supply chain process
- Impact of globalisation
- Trends
- Legislation

## Food science and preparation.

- Proficiency using equipment
- Culinary techniques and methods
- Recipe development
- Time management skills
- Food presentation

## Food Evaluation

- Frying vs baking
- Air fryer vs oven
- Boiled vs frying
- Food labels
- Traffic light system

## Food/ Nutrition

- Maintaining a healthy weight
- Dietary deficiency
- Food and drink
- Dietary fibre

## Food choice

- Cultural diversity
- Seasonality
- Nutritional information
- Locality
- Disease prevention
- Mental health

## Food Provenance

- Intensive farming
- Organic
- Free range
- Farmed
- Global ecosystems

## Food Science/ preparation

- Recipe adaptations
- Plating skills
- Advance cooking techniques
- Enzymic reactions
- 2 course meals
- Food preservation

## Final assessment

- 2 course meals
- Portfolio building

## Food safety/Assessments

- HACCP
- Risk assessments
- Food legislation
- Application of Food Safety in Catering Settings
- Assessment



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