

OAKTREE SCHOOL

Educating for Life



FOOD TECHNOLOGY 2021/22

Classes	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PURPLE	<p><u>Healthy Eating:</u></p> <ul style="list-style-type: none"> ➤ Diet ➤ The Eat Well Guide ➤ Energy ➤ Nutrients ➤ Digestion ➤ Activity 	<p><u>Cooking:</u></p> <ul style="list-style-type: none"> ➤ Planning to Cook ➤ Ingredients ➤ Cooking for Health ➤ Hygiene & Safety ➤ Cooking 	<p><u>Where Food Comes From:</u></p> <ul style="list-style-type: none"> ➤ World Food ➤ Food Origins ➤ Farming & Processing 	<p><u>Food Differences:</u></p> <ul style="list-style-type: none"> ➤ Farmed ➤ Caught ➤ Reared 	<p><u>Food Commodities:</u></p> <ul style="list-style-type: none"> ➤ Cereals ➤ Meat 	<ul style="list-style-type: none"> ➤ Dairy ➤ Potatoes
RED	<ul style="list-style-type: none"> ➤ Health & Safety in the Kitchen ➤ Kitchen Hygiene ➤ Making sandwiches/ wraps/ rolls: ➤ Spreading, different fillings – sweet/ savoury, pupil preferences 	<ul style="list-style-type: none"> ➤ Using a toaster: Safety features ➤ Recognising when toast is burnt ➤ Making toast with different toppings ➤ Toasting teacakes. ➤ Using the grill to toast ➤ Christmas biscuits 	<ul style="list-style-type: none"> ➤ Using the hob: Safety features ➤ Using kitchen implements to make different versions of eggs – poached, fried, scrambled, boiled 	<ul style="list-style-type: none"> ➤ Using a can opener & electric whisk ➤ Cooking tinned foods – opening the cans, draining etc ➤ Becoming familiar with the names of kitchen utensils 	<ul style="list-style-type: none"> ➤ Food likes and dislikes ➤ Comparing sweet and savoury ➤ Getting students to identify preferences 	<ul style="list-style-type: none"> ➤ Food likes and dislikes ➤ Comparing sweet and savoury ➤ Getting students to identify preferences

OAKTREE SCHOOL

Educating for Life



FOOD TECHNOLOGY 2021/22

<p>PINK</p>	<ul style="list-style-type: none"> ➤ Health & Safety in the Kitchen ➤ Kitchen Hygiene ➤ Making sandwiches/ wraps/ rolls: ➤ Spreading, different fillings – sweet/ savoury, pupil preferences 	<ul style="list-style-type: none"> ➤ Using a toaster: Safety features ➤ Recognising when toast is burnt ➤ Making toast with different toppings ➤ Toasting teacakes. ➤ Using the grill to toast ➤ Christmas biscuits 	<ul style="list-style-type: none"> ➤ Using the hob: Safety features ➤ Using kitchen implements to make different versions of eggs – poached, fried, scrambled, boiled 	<ul style="list-style-type: none"> ➤ Using a can opener & electric whisk ➤ Cooking tinned foods – opening the cans, draining etc ➤ Becoming familiar with the names of kitchen utensils 	<ul style="list-style-type: none"> ➤ Food likes and dislikes ➤ Comparing sweet and savoury ➤ Getting students to identify preferences 	<ul style="list-style-type: none"> ➤ Food likes and dislikes ➤ Comparing sweet and savoury ➤ Getting students to identify preferences
<p>AQUA</p>	<ul style="list-style-type: none"> ➤ Health & Safety in the Kitchen ➤ Kitchen Hygiene ➤ Making sandwiches/ wraps/ rolls: ➤ Spreading, different fillings – sweet/ savoury, pupil preferences 	<ul style="list-style-type: none"> ➤ Using a toaster: Safety features ➤ Recognising when toast is burnt ➤ Making toast with different toppings ➤ Toasting teacakes. ➤ Using the grill to toast ➤ Christmas biscuit 	<ul style="list-style-type: none"> ➤ Using the hob: Safety features ➤ Using kitchen implements to make different versions of eggs – poached, fried, scrambled 	<ul style="list-style-type: none"> ➤ Using a can opener & electric whisk ➤ Cooking tinned foods – opening the cans, draining etc ➤ Becoming familiar with the names of kitchen utensils 	<ul style="list-style-type: none"> ➤ Food likes and dislikes ➤ Comparing sweet and savoury ➤ Getting students to identify preferences 	<ul style="list-style-type: none"> ➤ Food likes and dislikes ➤ Comparing sweet and savoury ➤ Getting students to identify preferences

OAKTREE SCHOOL

Educating for Life



FOOD TECHNOLOGY 2021/22

<p>GOLD</p>	<ul style="list-style-type: none"> ➤ Health & Safety in the Kitchen ➤ Kitchen Hygiene ➤ Making sandwiches/ wraps/ rolls: ➤ Spreading, different fillings – sweet/ savoury, pupil preferences 	<ul style="list-style-type: none"> ➤ Using a toaster: Safety features ➤ Recognising when toast is burnt ➤ Making toast with different toppings ➤ Toasting teacakes. ➤ Using the grill to toast ➤ Christmas biscuits 	<ul style="list-style-type: none"> ➤ Using the hob: Safety features ➤ Using kitchen implements to make different versions of eggs – poached, fried, scrambled, boiled 	<ul style="list-style-type: none"> ➤ Using a can opener & electric whisk ➤ Cooking tinned foods – opening the cans, draining etc ➤ Becoming familiar with the names of kitchen utensils 	<ul style="list-style-type: none"> ➤ Food likes and dislikes ➤ Comparing sweet and savoury ➤ Getting students to identify preferences 	<ul style="list-style-type: none"> ➤ Food likes and dislikes ➤ Comparing sweet and savoury ➤ Getting students to identify preferences
<p>GREEN</p>	<ul style="list-style-type: none"> ➤ Health & Safety in the Kitchen ➤ Kitchen Hygiene ➤ Making sandwiches/ wraps/ rolls: ➤ Spreading, different fillings – sweet/ savoury, pupil preferences 	<ul style="list-style-type: none"> ➤ Using a toaster: Safety features ➤ Recognising when toast is burnt ➤ Making toast with different toppings ➤ Toasting teacakes. ➤ Using the grill to toast ➤ Christmas biscuits 	<ul style="list-style-type: none"> ➤ Using the hob: Safety features ➤ Using kitchen implements to make different versions of eggs – poached, fried, scrambled, boiled 	<ul style="list-style-type: none"> ➤ Using a can opener & electric whisk ➤ Cooking tinned foods – opening the cans, draining etc. ➤ Becoming familiar with the names of kitchen utensils 	<ul style="list-style-type: none"> ➤ Food likes and dislikes ➤ Comparing sweet and savoury ➤ Getting students to identify preferences 	<ul style="list-style-type: none"> ➤ Food likes and dislikes ➤ Comparing sweet and savoury ➤ Getting students to identify preferences

OAKTREE SCHOOL

Educating for Life



FOOD TECHNOLOGY 2021/22

<p>SILVER</p>	<ul style="list-style-type: none"> ➤ Health & Safety in the Kitchen ➤ Kitchen Hygiene ➤ Making sandwiches/wraps/rolls: ➤ Spreading, different fillings – sweet/savoury, pupil preferences 	<ul style="list-style-type: none"> ➤ Using a toaster: Safety features ➤ Recognising when toast is burnt ➤ Making toast with different toppings ➤ Toasting teacakes. ➤ Using the grill to toast ➤ Christmas biscuits 	<ul style="list-style-type: none"> ➤ Using the hob: Safety features ➤ Using kitchen implements to make different versions of eggs – poached, fried, scrambled, boiled 	<ul style="list-style-type: none"> ➤ Using a can opener & electric whisk ➤ Cooking tinned foods – opening the cans, draining etc. ➤ Becoming familiar with the names of kitchen utensils 	<ul style="list-style-type: none"> ➤ Food likes and dislikes ➤ Comparing sweet and savoury ➤ Getting students to identify preferences 	<ul style="list-style-type: none"> ➤ Food likes and dislikes ➤ Comparing sweet and savoury ➤ Getting students to identify preferences
<p>YELLOW</p>	<p>Healthy Eating:</p> <ul style="list-style-type: none"> ➤ Diet ➤ The Eat Well Guide ➤ Energy ➤ Nutrients ➤ Digestion ➤ Activity 	<p>Cooking:</p> <ul style="list-style-type: none"> ➤ Planning to Cook ➤ Ingredients ➤ Cooking for Health ➤ Hygiene & Safety ➤ Cooking 	<p>Where Food Comes From:</p> <ul style="list-style-type: none"> ➤ World Food ➤ Food Origins ➤ Farming & Processing 	<p>Food Differences:</p> <ul style="list-style-type: none"> ➤ Farmed ➤ Caught ➤ Reared 	<p>Food Commodities:</p> <ul style="list-style-type: none"> ➤ Cereals ➤ Meat 	<ul style="list-style-type: none"> ➤ Dairy ➤ Potatoes

OAKTREE SCHOOL

Educating for Life



FOOD TECHNOLOGY 2021/22

ORANGE	<ul style="list-style-type: none"> ➤ Health & Safety in the Kitchen ➤ Kitchen Hygiene ➤ Making sandwiches/ wraps/ rolls: ➤ Spreading, different fillings – sweet/savoury 	<ul style="list-style-type: none"> ➤ Using a toaster: Safety features ➤ Recognising when toast is burnt ➤ Making toast with different toppings ➤ Toasting teacakes. ➤ Using the grill to toast ➤ Christmas biscuits 	<ul style="list-style-type: none"> ➤ Using the hob: Safety features ➤ Using kitchen implements to make different versions of eggs – poached, fried, scrambled, boiled 	<ul style="list-style-type: none"> ➤ Using a can opener & electric whisk ➤ Cooking tinned foods – opening the cans, draining etc ➤ Becoming familiar with the names of kitchen utensils 	<ul style="list-style-type: none"> ➤ Food likes and dislikes ➤ Comparing sweet and savoury ➤ Getting students to identify preferences 	<ul style="list-style-type: none"> ➤ Food likes and dislikes ➤ Comparing sweet and savoury ➤ Getting students to identify preferences
---------------	--	---	---	--	--	--

OAKTREE SCHOOL

Educating for Life



FOOD TECHNOLOGY 2021/22

BLUE	<p><u>Diet & Health</u> <u>Perfect Pasta</u></p> <ul style="list-style-type: none"> ➤ I can make healthy food & drink choices ➤ I know that being healthy is about having a balanced diet ➤ I know that I need to eat different foods to provide the water, nutrients and fibre to keep me healthy ➤ I know that food needs change & that some people do not eat certain foods ➤ I know that I need to drink lots each day 	<p><u>Shopping</u> <u>Winter Food</u></p> <ul style="list-style-type: none"> ➤ I can explore where food comes from & how it is produced ➤ I am aware of the different costs of food ➤ I am aware that advertising can affect what I eat ➤ I know that people choose different foods for different reasons ➤ I can understand and use food labels 	<p><u>Cooking</u> <u>Remarkable Rice</u></p> <ul style="list-style-type: none"> ➤ I can cook a range of food from around the world ➤ I can choose and use the correct equipment to safely prepare & cook food ➤ I can use a range of skills to prepare food ➤ I can reduce food waste & recycle food packaging 	<p><u>Food Safety</u> <u>Food Favourites</u></p> <ul style="list-style-type: none"> ➤ I am hygienic when I cook & keep the kitchen clean & tidy ➤ I can prepare, cook and store foods safely & hygienically ➤ I can use food labels to store food correctly ➤ I know how to store & handle food which is safe to eat 	<p><u>Active Lifestyles</u> <u>Summer Favourites</u></p> <ul style="list-style-type: none"> ➤ I know I need to be active for 60 minutes each day to be healthy ➤ I can take part in team sports ➤ I know that I use the energy from food & drink to be active 	<p><u>Active Lifestyles</u> <u>Celebration Food</u></p> <ul style="list-style-type: none"> ➤ I know that being active regularly makes me happy and healthy ➤ I know that I need to drink more fluid when I am active

OAKTREE SCHOOL

Educating for Life



FOOD TECHNOLOGY 2021/22

<p>6K, 6S, 6E</p>	<p><u>Diet & Health</u> <u>Perfect Pasta</u></p> <ul style="list-style-type: none"> ➤ I can make healthy food & drink choices ➤ I know that being healthy is about having a balanced diet ➤ I know that I need to eat different foods to provide the water, nutrients and fibre to keep me healthy ➤ I know that food needs change & that some people do not eat certain foods ➤ I know that I need to drink lots each day 	<p><u>Shopping</u> <u>Winter Food</u></p> <ul style="list-style-type: none"> ➤ I can explore where food comes from & how it is produced ➤ I am aware of the different costs of food ➤ I am aware that advertising can affect what I eat ➤ I know that people choose different foods for different reasons ➤ I can understand and use food labels 	<p><u>Cooking</u> <u>Remarkable Rice</u></p> <ul style="list-style-type: none"> ➤ I can cook a range of food from around the world ➤ I can choose and use the correct equipment to safely prepare & cook food ➤ I can use a range of skills to prepare food ➤ I can reduce food waste & recycle food packaging 	<p><u>Food Safety</u> <u>Food Favourites</u></p> <ul style="list-style-type: none"> ➤ I am hygienic when I cook & keep the kitchen clean & tidy ➤ I can prepare, cook and store foods safely & hygienically ➤ I can use food labels to store food correctly ➤ I know how to store & handle food which is safe to eat 	<p><u>Active Lifestyles</u> <u>Summer Favourites</u></p> <ul style="list-style-type: none"> ➤ I know I need to be active for 60 minutes each day to be healthy ➤ I can take part in team sports ➤ I know that I use the energy from food & drink to be active 	<p><u>Active Lifestyles</u> <u>Celebration Food</u></p> <ul style="list-style-type: none"> ➤ I know that being active regularly makes me happy and healthy ➤ I know that I need to drink more fluid when I am active
--------------------------	---	---	--	--	--	--