KS3 Food Tech



Evaluation of dishes to suggest future improvements and consolidation of hot and cold dishes made Whisking and creaming methods & sieving of specific ingredients

Making different bread

9

Following recipes for preparation of ingredients

Using pre-made pastry

Cutting techniques for preparing fresh ingredients

Summer Term

Suggesting improvements for future recipes

Adapting and evaluating dishes

Using skills learned for practical work in making new dishes

8

Nutritional value on pre-made ingredients and foods

Whisking & Setting skills

Using pre-made ingredients in recipes and using microwaves



Spring Term

Applying knowledge and practical work to create own dishes

Make a range of both hot & cold dishes

Using different cooking techniques

7

Learning the importance of good nutrition

How different foods can affect the body

Introduction to cooking

Autumn Term

"No one is born a great cook, one learns by doing" Julia Child

Food Technology at Aspire allows pupils to explore their creativity and independence in the kitchen using a range of materials and techniques. Pupils have the opportunity to design and make both sweet and savory products and to learn and apply a range of kitchen skills.

In Food Technology pupils are taught how to become competent in a range of cooking processes such as selecting and preparing ingredients, using utensils and electrical equipment and how to adapt their own recipes.