



NESTON HIGH SCHOOL

FOOD TECHNOLOGY CURRICULUM

Practical Cooking skills	Principles of healthy eating and Nutrition.	Food science	Source and Seasonality	Characteristics and sensory analysis of	Food safety and hygiene
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YEAR 7	YEAR 8	YEAR 9
Dippy Divers Disciplinary knowledge focus: Food hygiene and safety	Chicken Goujons Disciplinary knowledge focus: Practical cooking skills	Chilli Con Carne Disciplinary knowledge focus: Food hygiene and safety
Rainbow fruit salad Disciplinary knowledge focus: Principles of healthy eating and nutrition	Sausage Rolls Disciplinary knowledge focus: Food hygiene and safety	Caribbean Chicken Curry Characteristics and sensory analysis of food
Pizza Toast Disciplinary knowledge focus: Practical cooking skills	Savoury Twist Characteristics and sensory analysis of food	Lasagne Disciplinary knowledge focus: Practical cooking skills
Layered pasta salad Disciplinary knowledge focus: Food Science	Fruity Flap Jacks Disciplinary knowledge focus: Source and seasonality	Chicken 'Zinger' Burger Disciplinary knowledge focus: Principles of healthy eating and nutrition
Chicken Noodle soup Disciplinary knowledge focus: Source and seasonality	Bread Rolls Disciplinary knowledge focus: Practical cooking skills	Pizza Pinwheel Disciplinary knowledge focus: Practical cooking skills
Fork Biscuits Disciplinary knowledge focus: Practical cooking skills	Pizza Disciplinary knowledge focus: Practical cooking skills	Swiss roll Disciplinary knowledge focus: Food Science
Sweet/ Savoury scones Disciplinary knowledge focus: Characteristics and sensory analysis	Cheese & Onion pasties Disciplinary knowledge focus: Principles of healthy eating and nutrition	Dutch apple cake Disciplinary knowledge focus: Food Science
Baked sandwich Disciplinary knowledge focus: Practical cooking skills	Bolognese sauce Disciplinary knowledge focus: Food hygiene and safety	Joll-Off rice and chicken Disciplinary knowledge focus: Source and seasonality
Apple Crumble Disciplinary knowledge focus: Characteristics and sensory analysis	Chocolate cupcakes Disciplinary knowledge focus: Practical cooking skills	Cheesy Garlic Bread Disciplinary knowledge focus: Practical cooking skills
Veg frittata Disciplinary knowledge focus: Practical cooking skills	Koftas Disciplinary knowledge focus: Source and seasonality	Cornish pasties Disciplinary knowledge focus: Source and seasonality
Lemonade Disciplinary knowledge focus: Source and seasonality	Chicken/Vegetable fajitas Disciplinary knowledge focus: Principles of healthy eating and nutrition	Meatballs in tomato sauce Disciplinary knowledge focus: Food hygiene and safety
Jam sponge Disciplinary knowledge focus: Food science	Raspberry Buns Disciplinary knowledge focus: Practical cooking skills	Scotch Egg/ Beef Burger/ Chicken burger Disciplinary knowledge focus: Practical cooking skills