

Curriculum Map for Food Technology 2026/27

Award	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7 & TDH & YARD	Year 7 Kitchen Basics & Safety: Rules, hygiene, equipment uses. Cooking Skills - Skills: chopping, grating, mixing - Dishes: pasta, soup, rice	TDH Food safety: handwashing, clean workspace, hazards. Cooking Skills Skills: peel, chop (with support), measure, follow recipes Simple recipes: wraps, pasta, fruit salads	The Yard Food safety: handwashing, clean workspace, hazards. Cooking Skills Skills: peel, chop (with support), measure, follow recipes Simple recipes: wraps, pasta, fruit salads	Year 7 Healthy Eating Eatwell Guide Balanced meals 5-a-day Healthy swaps Basic nutrition Modify recipes Cooking Skills Follow recipe (written/visual) Work independently Basic time management Farm to fork Food from around the world Seasonality	TDH Nutrition basics- Eatwell Guide Healthy vs unhealthy choices Balanced meals Food origins- Where food comes from is grown, reared or caught. Knowing the origin of food, and how it is produced and changed from its origin to consumption, allows us to make informed choices. Healthy lunchbox and lunches. Smoothies / basic cooking methods	The Yard Nutrition basics- Eatwell Guide Healthy vs unhealthy choices Balanced meals Food origins- Where food comes from is grown, reared or caught. Knowing the origin of food, and how it is produced and changed from its origin to consumption, allows us to make informed choices. Healthy lunchbox and lunches. Smoothies / basic cooking methods
Year 8/9 & The Den	Year 9 Cooking Independently: Recap key skills (knife, hob, hygiene) Cooking Skills Follow a simple recipe and cook with increasing independence e.g. Pasta, Stir fry, Rice dish	Year 8 Developing cooking skills: Recap hygiene and knife skills. Build independence and confidence Cooking Skills Cook simple dishes pasta, stir fry, rice Focus on safe working and following recipes:	The Den Developing cooking skills: Recap hygiene and knife skills. Build independence and confidence Cooking Skills Cook simple dishes: pasta, stir fry, rice Focus on safe working and following recipes	Year 9 Planning & Cooking for Others: Plan, cook, and serve a simple healthy meal for a (staff/small group, informal) Plan ONE meal: - Choose dish - Write ingredients - Follow recipe	Year 8 Food, Culture & Sustainability Explore food from: Diwali, Chinese New Year, Eid, Christmas Links between food, culture and celebrations Healthy eating, food waste, local vs imported	The Den Food, Culture & Sustainability Explore food from: Diwali, Chinese New Year, Eid, Christmas Links between food, culture and celebrations Healthy eating, food waste, local vs imported
Eduqas Hospitality & Catering Level 1-2 KS4 Year 10	Building Skills & Understanding the Industry Unit 1 (1.1.1 & 1.1.2) – Types of businesses and job roles	Developing Cooking Unit 1 (1.3 & 1.4) – Health & safety and food safety Unit 2 – Cooking skills and health and safety	Assessment & Independent Learning Unit 2 – Cooking with more confidence and managing time Personal Progression	Understanding the Hospitality Industry Unit 1: -1.2.1 – How kitchens and restaurants operate 1.2.2 & 1.2.3 – Customer needs and how to meet them	Work and Business Unit 1: 1.1.3 & 1.1.4 Working conditions and how businesses succeed Unit 2 – Cooking more complex dishes and managing time	Unit 2 practical 'mini mock' assessment, including: - planning meals - cooking more independently evaluating their work

[illegible]

	From Orchard to plate Can you safely pick, prepare, and cook apples to make a simple harvest recipe?		Challenge 4B1			