



Design & Technology Food - Learning Journey

Design & Technology KS3			Baseline Position										
Topic	ELEMENT	Year Group	Step										
			1	2	3	4	5	6	7	8	9		
Research – Time Plan	I can bring most of the correct ingredients to make a fish	7											
	I can bring in the correct type of ingredients but need help to weigh and measure accurately	7											
	I can bring in all my ingredients and am usually accurate when measuring	7											
	I can select some of the equipment needed to make my product	7											
	I can produce a time plan which is correct and I can follow some of it	7											
Research – Flow Chart	I can produce a basic flow chart/method and follow it at times	7											
	I can produce a flow chart with some help and I can follow a recipe and a method	7											
	I can produce a flow chart/method with some of the required information on it	7											
	I can plan to make using a flow chart/method which will contain all of the information that I need to make a successful product	7											
Technique – Basic Skills	I can carry out the basic food preparation skills like peeling vegetables, boiling water, beating eggs etc.	7											
	I can carry out basic skills, such as peeling vegetables and rubbing-in, by myself when reminded how	7											
	I can apply most of the basic techniques successfully (e.g. rubbing-in, creaming, whisking) with little help	7											
	I understand how to use most of the small equipment in the room appropriately	7											
Technique – Basic Tools	I can identify the basic tools	7											
	I can identify the basic tools and say what they are used for	7											
	I know my basic equipment (e.g. sieve, peeler) and can use them properly	7											
	I know how to use the oven, hob and grill, but sometimes lack confidence	7											
	I am confident when using the oven and the hob	7											



I can identify all of the good or bad points about my product	7										
I can use the comments of others to help me evaluate my product fully	7										

Lesson	Learning Focus	Homework & Assessment
1	What is Hygiene & Safety?	Knife safety poster
2	How do you peel, core & chop? (Create a Fruit Fusion)	
3	What are Bacteria?	
4	Can you demonstrate the Bridge & Claw Technique? (Create a Soup)	
5	Which piece of Equipment?	Bridge and Claw technique
6	Can you use the Hob? (Create a Pasta or Couscous Salad)	
7	How do you use a cooker?	
8	How do you stir-fry Meat & Vegetables? (Create a Stir-fry)	
9	What is the Eatwell Guide?	Revision for test
10	How do you simmer a sauce? (Create a Thai Green Curry)	
11	What are Nutrients?	Assessment of understanding (TEST)
12	How do you rub in? (Create an Apple & Sultana Crumble)	Assessment Basic tools / skills / ingredients
13	What are Staple Foods?	Regional Foods
14	How do you form & shape? (Create Scones)	
15	What is Milk used for?	
16	How do you cream a mixture? (Create Oat Raisin Cookies)	
17	Why eat Meat, Fish and Eggs?	
18	How do you make equally sized mini cakes? (Create Mini Fruit Cakes)	Assessment Time Plan / Flow Chart
19	What are Fruit & Vegetables?	
20	Free Choice	