



BENSHAM MANOR School

Food Technology Curriculum 2025-26

	YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
Autumn Term 1			● Meat and Nutrition <i>Theory</i> ● Understand importance and function of protein ● What is meat & naming different types of meat ● Nutritional value of meat How to tenderise, cook and store. ● Understand points to look out for when buying fresh meat. ● BMS Unit Awards Practical Cookery and evaluation of dishes	BTEC - Home cooking skills <i>Theory</i> ● Identifying a wider variety of fruits and vegetables. ● Understanding the importance of breakfast ● Safety & hygiene ● Food poisoning ● Cross- contamination	BTEC - Home cooking skills <i>Theory</i> ● Understand the meaning of and different types of convenience foods. ● Be able to discuss advantages and disadvantages of convenience foods ● Understand and identify how to preserve foods. ● Identify different preservation methods ● Understanding economising and good shopping practises. ● Reducing waste ● Practical Cookery ● BMS Unit Awards
Autumn Term 2			● Study of fish and nutrition <i>Theory</i> ● Understanding importance of fish in the diet. ● Nutritional value and different types of fish ● Storage and preservation methods.	● Preparation methods ● Understand terminology use by-sell by dates and effect on foods.	● Understand amount of an impact of food waste in society ● How you can reduce food waste ● Understand meaning of Fair trade and impact/benefits for both producer and consumers.

			●Methods of cooking Practical cookery ● BMS Unit Awards	●Practical Cookery and evaluation of dishes ●L1 Food Safety & Hygiene Certificate. ●BMS Unit Awards	●Understand and identify the impact transportation of food has on the environment and best ways to reduce mileage. ●Completing missing/absent sheets ●Practical Cookery and evaluation of dishes
Spring Term 1			● Studying Fats ● A focus on salt <i>Theory</i> ● What is-understanding of fat in cookery ● Examples of fat in foods ● Effect of excess fat in the body and ways to reduce fat in the diet ● What is salt and how it is produced ● Purpose and excess effect in the body ● Examples of salt in foods ● Ways to reduce salt in the diet Nutrition ● Practical cookery ● BMS Unit Awards	<i>Theory</i> ● Understanding impact of unhealthy/healthy packed lunches identifying both and how choices affect dietary health. ● Understanding the importance of having a clean and tidy fridge, placement of food and predict consequences on poor judgement.	●BTEC Theory sheets for Home Cooking Skills L1or L2 ●Practical cookery and evaluation of dishes ●BMS Unit Awards
Spring Term 2			●Fibre ●Current Nutritional Guidelines <i>Theory</i> ● Understanding what fibre is	●Develop skills to plan meals and adapt recipes to suit dietary needs or preferences.	●Practise of L1 or L2 ●practical assessment of BTEC dish/dishes.

			and foods it can be found in. ● Effects on the body if excluded from the diet. ● Able to give examples of fibre foods. ● Understand governments healthy eating advice Supplements and how they relates to different groups within our society. E.g. children, pregnant, housebound. Practical and evaluation of cookery ● BMS Unit Awards	● Explore various ways to pass on culinary information to others. ● Practical Cookery ● BMS Unit Awards Practical and evaluation of cookery	● BETC L1 or L2 Practical assessment dish. ● Completion of BTEC assessment paperwork. ● BMS Unit Awards
Summer Term 1			● Dietary conditions <i>Theory</i> ● Understanding introduction of new Food Allergen Law and ingredients. ● Common symptoms and reactions if have allergen & eat contaminated foods ● Understanding meaning of anaemia and symptoms ● How to avoid becoming anaemic ● BMS Unit Awards Practical and evaluation of cooked dishes	<i>Theory</i> ● Recognising different cuts of meat, poultry and fish. ● Identifying cooking methods of meat, poultry and fish. ● Develop skills using internet/ books to source recipes using different cooking methods for cuts of meat, poultry or fish. ● BMS Unit Awards Practical and evaluation of cooked dishes	● Completing portfolio ● Remaining practical cookery dishes ● BMS Unit Awards ● Practical dishes Students own choices

Summer Term 2			● Dietary conditions <i>Theory</i> ● Introduction to diabetes ● Understand the effects carbohydrate foods have on people who are diabetic. ● Identify healthy balanced diets for diabetics. ● Coeliac disease-Identify main causes and Symptoms. ● BMS Unit Awards Practical cookery and evaluation of dishes	● Understanding and recognising how to test that food is cooked. E.g. pasta, meat, poultry, bread, cakes. Practical and evaluation of cooked dishes	Students leave
--------------------------	--	--	---	--	------------------------------