BENSHAM MANOR School

Food Technology Curriculum Map 2026-27

	YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
Autumn Term 1			• Meat and Nutrition ***Theory*** • 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** ***Theory*** • Identifying a wider variety of fruits and vegetables. • Understanding the importance of breakfast • Safety & hygiene • Food poisoning • Cross- contamination	**BTEC - Home cooking skills** ***Theory*** • 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 ***Theory*** • Understanding importance of fish in the diet. • Nutritional value and different types of fish • Storage and preservation methods. • Methods of cooking Practical cookery • BMS Unit Awards	• Preparation methods • Understand terminology use by-sell by dates and effect on foods. • Practical Cookery and evaluation of dishes	• 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 on the consumers. • Understand and identify impact transportation of food has on environment and best ways to reduce mileage. • Completing missing/absent sheets

				• L1 Food Safety & Hygiene Certificate. • BMS Unit Awards	• **Practical Cookery and evaluation of dishes**
Spring Term 1			• Studying Fats • A focus on salt ***Theory*** • 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	***Theory*** • 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 ***Theory*** • Understanding what fibre is 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 relate to different groups within our society. E.g. children, pregnant, housebound. **Practical and evaluation of cookery** • BMS Unit Awards	• Develop skills to plan meals and adapt recipes to suit dietary needs or preferences. • Explore various ways to pass on culinary information to others. • Practical Cookery • BMS Unit Awards **Practical and evaluation of cookery**	• Practise of L1 or L2 • practical assessment of BTEC dish/dishes. • BETC L1 or L2 Practical assessment dish. • Completion of BTEC assessment paperwork. • BMS Unit Awards

Summer Term 1			● **Dietary conditions** ***Theory*** ● 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**	***Theory*** ● 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** ***Theory*** ● Introduction to diabetes ● Understand effects carbohydrate foods have to diabetics. ● Identify healthy balanced diets for diabetics. ● Coeliac disease-Identify main causes and Symptoms. ● BMS Unit Awards **Practical cookery and evaluation of dishes**	***Theory*** ● Understanding and recognising how to test that food is cooked. E.g. pasta, meat, poultry, bread, cakes. ● Kitchen Brigade and Hospitality Brigade **Practical and evaluation of cooked dishes**	**Students leave**