

Food Technology Progression Plan

Skills developed through club:

Food Technology social will develop technical skills, practical skills, organisational skills and problem solving skills including:

- Technical skills – Food technology offers students a larger understanding of food chemistry and nutrition. It helps students with a key knowledge of the importance of food safety within the kitchen and hygiene. Students will learn about quality control and vitally the testing of the products produced using a full sensory evaluation.
- Practical skills – This social will ensure students are able to measure accurately and precisely and understand the reasons why. They will be trained in the safe use of the kitchen and the equipment in it. They will also be able to learn about their own time management during cooks which will involve the preparation, cooking and cleaning after.
- Problem-solving and communication skills – This social will allow students to be honest and open with their evaluation skills and will find ways to improve recipes. They will then be able to adapt recipes and find out ways they can solve a problem they face in the kitchen.
- Creativity and Innovation – food technology will build on everything the students know and allow them to experiment with flavours and have the confidence to try other flavour combinations.

Students from all year groups will be offered to come to the food technology room and test out their recipes. The social will be designed so they can form friendships, gather ideas from other people in a friendly and welcoming atmosphere. Each student will have their own space and be able to work independently or with others. They will follow some guidance but will still have the ability to adapt recipes and try something new.

Termly Plan	
Autumn Term	Theme: Warming foods, basic skills, settling in Focus: Safety, confidence, teamwork Kitchen Safety Icebreakers + simple no-cook comfort food (wraps, fruit dips) Autumn Harvest Foods Soups, roasted vegetables, apple crumbles

	Baking Basics Cookies, banana bread, muffins Global Comfort Foods Pasta, fried rice, curry-style dishes Food Tech Challenge Mystery box using autumn ingredients Healthy Comfort Food Oven wedges, homemade sauces, soups with hidden veg Flavours & Spices Spice tasting + build-your-own seasoned snacks Sustainability & Food Waste Leftover transformations (stale bread → croutons, fruit → compote) Student Choice Session Groups choose and plan a warming dish Autumn Feast & Reflection- students prepare and make their choice dish
Spring Term	Theme: New ideas, lighter meals, experimentation Focus: Independence, creativity, nutrition Fresh Start Session Knife skills + simple salads or pasta dishes Breakfast & Brunch Club Smoothies, egg dishes, healthy pancakes Baking with a Twist Reduced-sugar or alternative-ingredient baking Street Food Inspired Wraps, tacos Food Technology Challenge Balanced-meal challenge Nutrition & Energy

	Foods for focus, sport and exams Spring Flavours Herbs, citrus, fresh sauces and dressings Food Design & Presentation Plating, colour, texture activities Students design next week's menu Spring cook Students cook the designed dish
Summer Term	Theme: Fun, seasonal food, relaxed social vibes Focus: Collaboration, confidence, enjoyment Summer Safety & Hygiene Refresh Cold food safety + quick no-cook dishes Picnic Foods Pasta salads, wraps, skewers World Street Food Flatbreads, sliders, noodle bowls BBQ-Inspired (No BBQ!) Oven-grilled items, marinades, sides Food Tech Team Challenge "Perfect picnic box" challenge Hydration & Healthy Treats Infused waters, frozen yogurt, smoothies Sustainable Summer Eating Seasonal produce, low-waste meals Student Choice Week Fun, fast, summery dishes End-of-Year Signature Dish Students recreate their favourite recipe from the year