

Nurture, Believe, Achieve, Succeed

Yr9 Food technology - Unit 3 – The Great Ravenscliffe Bake off – British Values – Cultural

Unit Overview

This unit introduces students to the enjoyable and creative world of baking through a theme inspired by The Great British Bake Off. Students will explore the tradition of afternoon tea and learn to prepare a range of simple baked products. Throughout the unit, students will also discover how different cultures use food to celebrate special occasions, festivals and family traditions.

Students will develop practical food preparation skills, including using kitchen equipment safely, following recipes, preparing and cooking food, and developing good food hygiene routines. They will have opportunities to explore different ingredients, tastes, textures and smells, while building confidence and independence in the kitchen.

By the end of the unit, students will have developed a greater understanding of baking, food safety, cultural food traditions and their own food preferences. They will also have strengthened important wider skills such as communication, following instructions, teamwork, problem-solving and independence.

Skills	Knowledge	Suggested learning activities (including trips, activities)
<u>Food Preparation Skills</u> Students will develop a range of practical food preparation skills, including the safe use of equipment, a variety of cooking techniques and an understanding of essential food hygiene and safety practices.	Food and Ingredients - Recognise common baking ingredients - Know the purpose of basic ingredients, such as flour, eggs and sugar - Understand where some foods come from - Recognise different tastes, textures and smells Food and Culture - Know that different cultures celebrate with different foods	Suggested learning activities to be chosen and adapted by teaching staff using professional judgement. - Investigate afternoon tea and design your own. - Afternoon tea experience - Bread Week – bread sticks focaccia. Simple bread rolls - Cake Week – Victoria sponge, School cake
Using Equipment - Weighing and measuring ingredients accurately - Using hand-held electrical whisks - Using ovens safely		

• Using baking equipment, including cake tins, trays and piping bags • Selecting and using appropriate utensils and equipment • Using knives safely for cutting and preparing ingredients Cooking Techniques • Creaming, whisking, folding and mixing • Kneading and shaping dough • Rolling, cutting and portioning • Baking and oven temperature control • Decorating, icing and piping • Following recipes and adapting techniques • Presentation and finishing skills • Exploring traditional baking techniques from different cultures Food Hygiene • Personal hygiene and appropriate protective clothing • Hand washing and preventing cross-contamination • Safe handling and storage of ingredients • Cleaning and sanitising equipment and work surfaces • Safe use and storage of high-risk foods	• Learn about foods linked to celebrations and special occasions • Explore traditional foods from Britain and around the world • Understand that people may have different food preferences and traditions • Food Safety and Hygiene • Understand the importance of washing hands • Know how to keep themselves and their work area clean • Recognise safe and unsafe behaviours in the kitchen • Begin to understand food allergies and dietary needs Cooking and Baking Knowledge • Know the names of common kitchen equipment • Understand simple cooking words and instructions • Recognise the different stages of making a recipe • Know that recipes need to be followed in the correct order • Understand that food changes when it is cooked	• Biscuit Week – shortbread, ginger, dipped, jam • Pastry week – cheese twists, pasties, sausage rolls, pizza tarts • Dessert Week – mini crumbles, mini pies, tarts, brownies • Signature bake – Formal • How people celebrate with food – British VS other cultures • Opportunity for WOW moment - Possibility for inviting in governors for afternoon tea students have prepared. • Weekly celebration of star baker.
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• Understanding food allergens and dietary requirements • Checking food is cooked and stored safely • Maintaining a clean and organised working environment	• Identify what they like and dislike about food • Describe food using simple sensory vocabulary (e.g. sweet, crunchy, soft) • Recognise when they have completed a task successfully • Begin to identify ways to improve their work • Develop confidence and independence in following familiar routines.	
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