# RAAS Learning Journey – KS3 Technology C&N

## Year 9

**CAREERS**
Farming, harvest and primary processes

**GCSE**

**1** — Room rules
Health & Safety and 4C's
BMI, RDI and energy intake

**2** — **Paella**
*Using the hob, weighing and measuring, cutting techniques, frying, seasoning, simmering*

**3** — Macro and micro nutrients
Fibre and water importance
Sauce making (reduction and gelatinisation)

**4** — **Cultural Sea Curry**
*Marinating, frying, making a sauce, seasoning, boiling and seasoning*

**5** — Staple foods
Cereal crops
Dough making with fats

**6** — **Mini Quiche Lorraine**
*Using the oven, rubbing in, kneading, frying, dividing and lining a case*

**7** — Food choice
Adapting recipes, allergies and intolerances

**8** — **Fajita's and tortillas**
*Using the hob, marinating, stir-frying, making a dough, dividing and shaping*

**9** — Function of foods
Raising agents
Chemical, biological and mechanical

**10** — **Pizza**
*Rubbing in, shaping,assembling, making a dough, using the oven*

**11** — Function of foods
Sugars
Taste, texture, aroma, appearance

**12** — **Sugar cupcakes**
*Whisking, dividing, weighing, combining using the oven*

**AP** — **Practical make KAT**
*H&S, accuracy, presentation, time management, independence*

## Year 8

**CAREERS**
Farming, harvest and primary processes

**1** — **Cheese Scones**
*Using the oven, weighing and measuring, grating, shaping*

**2** — Room rules
Health & Safety and 4C's
Government guidelines on health

**3** — **Spring Rolls**
*Using the hob, cutting skills, combing, stir-frying, pastry shaping*

**4** — Differences between macro and micronutrients
What's on a label

**5** — **Fish Cakes**
*Handling a high risk food, cutting techniques, simmering, shaping*

**6** — Fats and oils
Micronutrients
Deficiencies

**7** — **Chilli con Carne**
*Using the hob, simmering, presenting, time management*

**8** — Food provenance
Enzymic browning (food science)

**9** — Macronutrients
Proteins and alternative foods

**10** — **Bread Rolls**
*Using the oven, combining, dividing, shaping, kneading*

**11** — **Lemon Biscuits**
*Using the oven, weighing and measuring, even distribution*

**12** — **Mini Carrot Cakes**
*Using the oven, weighing and measuring, combining, even distribution*

**AP** — **Practical make KAT**
*H&S, accuracy, presentation, time management, independence*

## Year 7

**1** — Room rules
Health & Safety
HATTIE

**2** — **Apple Crumble**
*Using the oven, cutting techniques, rubbing in*

**3** — Healthy eating
Nutrients and their functions
Seasonality and origins

**4** — **Pizza Toast**
*Using the grill, cutting techniques, assembling, grating*

**5** — Weighing and measuring
Temperature controls
Bacteria

**6** — **Pasta Salad**
*Using the hob, cutting techniques, simmering*

**7** — Cooker know how
Heat transfer in cooking
Sensory analysis

**8** — Carbohydrates
Food origins and miles
Food choice

**9** — Food waste, food packaging and logos

**10** — Science of food
Eggs and proteins

**11** — **Mini Vegetable Frittata**
*Using the oven, weighing and measuring, whisking, even distribution*

**12** — **Apple swan KAT**
*H&S, accuracy, presentation, time management, independence*

**AP**