

Food Technology Curriculum Intent: Key Stage 4 2025 - 2026

At Compass School, the Food Technology curriculum equips our pupils with the knowledge, skills, and understanding to make informed decisions about food safety and hygiene, healthy food choices, and food preparation and to develop a love of cooking and an appreciation for the cultural significance of food. All pupils are assessed on entry, and the curriculum is differentiated to address any gaps in knowledge.

We foster positive "can do" attitudes and promote that we can all learn to cook.

Cooking is a creative and practical skill. We aim to develop these skills by encouraging pupils to experiment with different ingredients and techniques and create their own recipes and cooking styles. This will enable our pupils to lead healthy and fulfilling lives now and in the future. All pupils are challenged and encouraged to excel in Food technology and recognise its importance in the wider world, not only as a life skill but also as a career path. Pupils leave Compass School equipped with the skills and knowledge to cook for themselves and others in the future.

By the end of Key Stage 4, pupils are expected to build on their skills and knowledge from Key Stage 3 and also increase their skills and knowledge in advanced Food Safety and Hygiene, Nutrition and Dietary Awareness, Culinary Techniques, and Advanced Cooking Methods, further Menu Planning and Dietary Requirements, Food Science and Technology, the Food Industry, and Career Paths.

By the end of Year 10, pupils are expected to have completed the Level 1 qualification and by the end of Year 11, pupils are expected to have gained a Level 2 qualification in Home Cooking.

Skills and Knowledge Key Stage 3 – Key Stage 4

Every half-term, we ensure that our pupils have cross-curricular (Cc) opportunities and cover Social, Moral, Spiritual, and Cultural (SMSC) elements. These are detailed below using the following codes, enabling us to track what is delivered in each subject:

Cross Curricular Links include: M (Maths), Eng (English), Sc (Science), PS (PSHE), FT (Food Tech), CR (Craft), AD (Art & Design), C (Computing), G (Geography), H (History), En (Engineering), R (Reading), Ec (Economics)

SMSC Links include: B (British Values), Sp (Spiritual aspects), M (Moral aspects), So (Social aspects), C (Cultural aspects), R (Religious aspects), Rel (Relationships), P (Prevent), E (E-Safety), I (Individual Advice & Guidance & Careers), H (Healthy Lifestyle including wellbeing)

	Key Stage 4 Topics	Key Stage 4 Skills	Key Stage 4 Knowledge
HT1	<p>Brilliant Breakfasts Potato, Chorizo Breakfast Hash Sweetcorn Fritters with Poached Eggs and Salsa Spanish Tortilla Breakfast Wraps with Homemade Hashbrowns Banana Foster English Muffins and Scrambled Eggs Pancake Breakfast Tacos English Breakfast Pizza</p> <p>SMSC – B, Sp, So, C, H, I</p> <p>Cc – M, R</p>	<p style="text-align: center;">As for Key Stage 3, and see below:</p> <p>Apply a comprehensive understanding of food safety regulations and legislation Be able to implement food safety regulations including HACCP principles Be able to analyse the nutritional content of recipes and diets. Display proficiency in a range of food preparation and cooking techniques including advanced knife skills (chopping & peeling), baking, frying, grilling, grating mixing, sieving, beating and pastry skills</p>	<p style="text-align: center;">As for Key Stage 3, and see below:</p> <p>Display a comprehensive understanding of food safety regulations and legislation Be aware of foodborne illnesses, causes, and prevention In-depth knowledge of nutrition principles, including macros and micronutrients Understand the nutritional content of recipes and diets.</p>
	Key Stage 4 Topics	Key Stage 4 Skills	Key Stage 4 Knowledge
HT2	<p>Super Suppers Beef Massaman Curry Pad Thai Noodles Beef Burritos Jerk Chicken Rice and Peas Sweet and Sour Chicken Yorkshire Pudding Wrap</p> <p>SMSC – B, Sp, So, C, H, I</p> <p>Cc – M, R, G</p>	<p style="text-align: center;">As for Key Stage 3, and see below:</p> <p>Apply a comprehensive understanding of food safety regulations and legislation Be able to implement food safety regulations including HACCP principles Be able to analyse the nutritional content of recipes and diets Be proficient in a range of culinary techniques, including advanced knife skills Apply cooking techniques to create complex dishes. Display proficiency in a range of food preparation and cooking techniques including advanced knife skills (chopping & peeling), baking, frying, grilling, grating, mixing and boiling</p>	<p style="text-align: center;">As for Key Stage 3, and see below:</p> <p>Display a comprehensive understanding of food safety regulations and legislation Be aware of foodborne illnesses, causes, and prevention In-depth knowledge of nutrition principles and micronutrients Understand the nutritional content of recipes and diets Be proficient in a range of culinary techniques, e.g., advanced knife skills, pastry work, and sauce-making.</p>
	Key Stage 4 Topics	Key Stage 4 Skills	Key Stage 4 Knowledge
HT3	<p>Delicious Dinners Cottage Pie Chicken Chow Mein Caribbean Chicken Curry and Rice Chilli Beef Enchiladas Beef Burgers</p> <p>SMSC – B, Sp, So, C, H, I</p> <p>Cc – M, R, G</p>	<p style="text-align: center;">As for Key Stage 3, and see below:</p> <p>Apply a comprehensive understanding of food safety regulations and legislation Be able to implement food safety regulations including HACCP principles Be able to analyse and evaluate the nutritional content of recipes and diets Be proficient in a range of culinary techniques, including advanced knife skills, pastry work, and sauce-making Apply cooking techniques to create complex dishes. Display proficiency in a range of food preparation and cooking techniques including advanced knife skills (chopping & peeling), baking, frying, grilling, grating, mashing, mixing and sieving</p>	<p style="text-align: center;">As for Key Stage 3, and see below:</p> <p>Display a comprehensive understanding of food safety regulations and legislation Be aware of foodborne illnesses, causes, and prevention In-depth knowledge of nutrition principles, including macros and micronutrients Understand the nutritional content of recipes and diets Be proficient in a range of culinary techniques, e.g., advanced knife skills, pastry work, and sauce-making Understand how to plan menus for various dietary requirements, including vegetarian and vegan. A deeper understanding of food science principles, including changes that occur during cooking.</p>
	Key Stage 4 Topics	Key Stage 4 Skills	Key Stage 4 Knowledge
HT4	<p>Perfect Puddings</p>	<p style="text-align: center;">As for Key Stage 3, and see below:</p> <p>Apply a comprehensive understanding of food safety regulations and legislation</p>	<p style="text-align: center;">As for Key Stage 3, and see below:</p> <p>Display a comprehensive understanding of food safety regulations and legislation</p>

	<p>Sticky Toffee Pudding Victoria Sponge Lemon Meringue Pie Chocolate Sponge with Custard Granny's Gingerbread Hot Cross Buns</p> <p>SMSC – B, Sp, So, C, H, I</p> <p>Cc – M, R</p>	<p>Be able to implement and manage food safety regulations including HACCP principles Be able to analyse and evaluate the nutritional content of recipes and diets Be proficient in a range of culinary techniques, including advanced knife skills, pastry work, and sauce-making Apply cooking techniques to create complex dishes Understand flavour profiles and combine ingredients for harmonious flavours. Display proficiency in a range of food preparation and cooking techniques including advanced knife skills (chopping & peeling), baking, beating, frying, grilling, grating, mixing, sieving & boiling</p>	<p>Be aware of foodborne illnesses, causes, and prevention In-depth understanding of nutrition principles, including macros and micronutrients, dietary guidelines, and dietary requirements across a lifespan Understand the nutritional content of recipes and diets Be proficient in a range of culinary techniques e.g., advanced knife skills, pastry work, and sauce-making Understand how to plan menus for various dietary requirements, including vegetarian and vegan Understand food science principles, including changes that occur during cooking Be aware of food additives and food preservation techniques Be mindful of sustainability issues and environmental considerations in food production and consumption Explore different career paths within the food industry, including nutrition, culinary arts, and food manufacturing Be aware of the nutritional considerations for specific populations, eg athletes/medical conditions</p>
	Key Stage 4 Topics	Key Stage 4 Skills	Key Stage 4 Knowledge
HT5	<p>Family Favourites Lasagne Chicken Tikka Masala Mince Beef and Onion Pie Sausage Casserole Home-Made Meatballs and Pasta Bake</p> <p>SMSC – B, Sp, So, C, H, I</p> <p>Cc – M, R, G</p>	<p>As for Key Stage 3, and see below: Apply a comprehensive understanding of food safety regulations and legislation Be able to implement and manage food safety regulations including HACCP principles Be able to analyse and evaluate the nutritional content of recipes and diets Be proficient in a range of culinary techniques, including advanced knife skills, pastry work, and sauce-making Apply cooking techniques to create complex dishes Understand flavour profiles and combine ingredients for harmonious flavours Display an ability to plan menus for various dietary requirements, including vegetarian and vegan, gluten-free, and allergy-specific diets. Display proficiency in a range of food preparation and cooking techniques including advanced knife skills (chopping & peeling), baking, frying, grilling, grating, mixing, sieving & pastry skills</p>	<p>As for Key Stage 3, and see below: Display a comprehensive understanding of food safety regulations and legislation Be aware of foodborne illnesses, causes, and prevention In-depth understanding of nutrition principles, including macros and micronutrients, dietary guidelines, and dietary requirements across a lifespan Understand the nutritional content of recipes and diets Be proficient in a range of culinary techniques, eg advanced knife skills, pastry work, and sauce-making Understand how to plan menus for various dietary requirements, including vegetarian and vegan Understand food science principles, including changes that occur during cooking Be aware of food additives, food preservation techniques, and emerging food technologies Be mindful of sustainability issues and environmental considerations in food production and consumption Explore different career paths within the food industry, including nutrition, culinary arts, and food manufacturing Be aware of the nutritional considerations for specific populations, e.g., athletes/medical conditions Awareness of menu engineering and optimising menu choices for profitability Be aware of food industry standards, regulations, and quality control processes</p>
	Key Stage 4 Topics	Key Stage 4 Skills	Key Stage 4 Knowledge
HT6	<p>Budget Bites Beef or Vegetable Samosa Macaroni Cheese and Broccoli Bake Sweet Chili Chicken Wraps Tuna Pasta Bake Dropped Scones Loaded Skins with Homemade Dip Chicken Curry</p> <p>SMSC – B, Sp, So, C, H, I</p> <p>Cc – M, R, G</p>	<p>As for Key Stage 3, and see below: Apply a comprehensive understanding of food safety regulations and legislation Be able to implement and manage food safety regulations including HACCP principles Be able to analyse and evaluate the nutritional content of recipes and diets Be proficient in a range of culinary techniques, including advanced knife skills, pastry work, and sauce-making Apply cooking techniques to create complex dishes Understand flavour profiles and combine ingredients for harmonious flavours Display an ability to plan menus for various dietary requirements, including vegetarian and vegan, gluten-free, and allergy-specific diets Be able to cost menus while considering budget constraints and the availability of ingredients. Display proficiency in a range of food preparation and cooking techniques including advanced knife skills (chopping & peeling), frying, grilling, grating, mixing, sieving, beating and pastry skills</p>	<p>As for Key Stage 3, and see below: Display a comprehensive understanding of food safety regulations and legislation Be aware of foodborne illnesses, causes, and prevention In-depth understanding of nutrition principles, including macros and micronutrients, dietary guidelines, and dietary requirements across a lifespan Understand the nutritional content of recipes and diets Be proficient in a range of culinary techniques, e.g., advanced knife skills, pastry work, and sauce-making Understand how to plan menus for various dietary requirements, including vegetarian and vegan Understand food science principles, including changes that occur during cooking Be aware of food additives, food preservation techniques, and emerging food technologies Be aware of sustainability issues and environmental considerations in food production and consumption Explore different career paths within the food industry, including nutrition, culinary arts, and food manufacturing Be aware of the nutritional considerations for specific populations, for example, athletes/medical conditions Awareness of menu engineering and optimising menu choices for profitability Be aware of food industry standards, regulations, and quality control processes Be aware of food trends, ethical considerations, and global food production and consumption issues</p>