

## Health and Food Technology (HFT): BROAD GENERAL EDUCATION CURRICULUM MAP

	June – November	December – March	April – June
S2	<p><b>Keeping Safe and Hygienic</b></p> <ul style="list-style-type: none"> <li>• Introduction to HE</li> <li>• Introduction to equipment and kitchen layout</li> <li>• Kitchen rules</li> <li>• Introduction to weighing and measuring</li> </ul> <p><b>Competition:</b> Create a hygienic and safety leaflet</p> <ul style="list-style-type: none"> <li>• Introduction to bacteria and cross contamination</li> <li>• Safe storage of foods</li> </ul> <p><b>Assessment of Assignment :</b> Bacteria and Cross Contamination.</p> <p style="text-align: right; color: blue;">HWB 2-32a, TCH 2-04a, 2-04c, 2-04d</p>	<p><b>Diet and Nutrition</b> Nutritional Needs and Developing Healthy Choices</p> <ul style="list-style-type: none"> <li>• Eatwell Guide</li> <li>• The Importance of Breakfast</li> <li>• Introduction to Nutrients</li> <li>• Dietary Goals</li> <li>• Seasonality</li> <li>• Sustainability</li> </ul> <p><b>Assessment of Assignment :</b> Design an Eating Plan</p> <p style="text-align: right; color: blue;">HWB 2-30a, 2-32a</p>	<p><b>Food and the Consumer</b> The Journey from Farm to Fork The Food Experience</p> <ul style="list-style-type: none"> <li>• Food Choices</li> <li>• Food Labels</li> <li>• Advertising and Media</li> <li>• Nutritional Guides</li> <li>• Healthy Eating Week</li> <li>• Sensory</li> </ul> <p><b>Assessment:</b> Practical Assessment</p> <p style="text-align: right; color: blue;">HBW 2-34a, 2-35a, 2-36a, 2-37a</p>
S3	<p><b>Nutritional Needs and Developing Healthy Choices</b></p> <ul style="list-style-type: none"> <li>• Nutrients</li> <li>• Dietary Conditions Project</li> <li>• Individual Nutritional Needs</li> </ul> <p><b>Assessment:</b> n/a</p> <p style="text-align: right; color: blue;">HWB 3-30a, 3-31a, 3-32a</p>	<p><b>The Journey from Farm to Fork and the Food Experience</b></p> <ul style="list-style-type: none"> <li>• Safe and Hygienic Practices</li> <li>• Food Choice</li> <li>• Special Dietary Needs</li> <li>• Labelling</li> </ul> <p><b>Assessment:</b> Peer Assessment</p> <p style="text-align: right; color: blue;">HWB 3-33a, 3-34a, 3-36a</p>	<p><b>Product Design – Project</b> <b>Intro to Cookery Skills and Techniques</b></p> <p>Visit to Royal Highland Show</p> <p><b>Assessment:</b> Practical Assessment</p> <p style="text-align: right; color: blue;">TCH 3-04a, 3-04c</p>