Carmel College Curriculum Implementation – KS 3 Long term plan Subject………Food Technology

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|  | Year 7 | Year 8 | Year 9 |
| Autumn half term 1Sequential knowledge and skills | **“Healthy Me”***Pupils develop basic skills, processes & subject knowledge through the making of a variety of dishes using different ingredients and skills.* Develop Subject knowledge:Pupils will be introduced to the principles of food safety and hygiene during the first term. Expectations will be established, and rules of food room explicitly taught. Pupils develop an awareness of knife and the 4C’s which can then be applied to practical tasks. Nutrition introduced through the ‘Eatwell guide.’Develop practical skills:**Fruit salad** (washing fruit, basic knife and chopping skills.) **Potato Wedges** (Chopping, boiling, baking, mixing, presenting) **Vegetable Stir Fry** (chopping, frying, mixing, how to follow a recipe)  | **“Teenagers eating well”***Pupils develop skills, processes & subject knowledge through the making of a variety of suitable meals for teenagers.* Develop Subject knowledge: Rules of the food room, food safety and hygiene are revisited. The ‘Eatwell’ guide and what makes a healthy diet. The nutritional needs of a teenager. How to design and adapt recipes for specific needs. Develop practical skills: **Bolognaise** (How to handle meat correctly, browning mince, chopping, dicing, stirring, weighing and measuring, using the hob)**Vegetarian Chilli** (Draining, Mixing, chopping, dicing, stirring, layering, grating, weighing and measuring, using the hob)**Chicken Curry** (Chop, dice, fry, simmer, mix, using the hob)   | **Short 4-week introductory projects taught on rotation in RM, Food & Textiles.**  **“Street Food”***The aim of this project is to introduce you to further theory and practical skills used in food preparation and nutrition. You will be extending your knowledge from nutrition and how to combine ingredients to develop a nutritionally balanced meal using inspiration from street food.**You will develop your practical skills to achieve a high-quality dish.*Develop Subject knowledge:Food groups and nutrition. Protein (HBV, LBV and protein alternatives. The effects of deficiency and excess) Mexican cuisine and design of Mexican dish applying knowledge of food groups and nutrition. Develop practical skills:**Burritos** (Dicing, handling raw meat, mixing, frying) **Vegetable Spring Rolls** (Cut, chop, grate, portion, fold, bake) |
| Assessment Content and methods used to judge learning | *BASELINE TEST* | *Written assessment with nutritional analysis* | *Written assessment with nutritional analysis* |
| Autumn half term 2Sequential knowledge and skills | **“Healthy Me” continued**Develop Subject knowledge:Pupils recall information from the ‘Eatwell guide’ and build on this through an introduction of healthy eating guidelines and food labels. Introduction to fruit & vegetables, where they come from and seasonality. Develop practical skills:**Tomato Pasta** (Boiling, chopping, dicing, simmering)**Vegetable Fritatta** (Grilling, grating, chopping, whisking, baking)**Savoury Muffins** (Measuring, mixing, portioning, baking, chopping) | **“Teenagers eating well” continued**Develop Subject knowledge: Sustainability and how that affects food choice. Fairtrade and ethical food. Food waste.  Develop practical skills:**Pizza** (weighing, measuring, kneading, making a dough, using the oven, chopping, grating) **Bacon and mushroom risotto** (dicing, fry, saute, mix)**Chicken Nuggets** (Mix, beat, dice, bake)  | **Short 4-week introductory projects taught on rotation in RM, Food & Textiles.** *(Continued)*   |
| Assessment Content and methods used to judge learning | *Ongoing assessment of homework tasks* | *Ongoing assessment of homework tasks*  |  |
| Spring half term 3Sequential knowledge and skills | **“Healthy Me” Continued**Develop Subject knowledge:Food miles and ethical foods are explored with links between practical and theory lessons made explicit. Retrieval of healthy eating guidelines and food safety in preparation for pupils end of subject assessment. Develop practical skills:**Apple Crumble** (Chopping, boiling, rub in, mix, combine, bake) **Fruit Scones** (weigh, measure, combine, roll out, bake) **Biscuits** (how to make a dough, portion control, weighing & measuring, using the oven)  | ***Subject Rotation*** | **Short 4-week introductory projects taught on rotation in RM, Food & Textiles.**  *(Continued)* |
| Assessment Content and methods used to judge learning | *End of subject knowledge assessment*  |  |  |
| Spring half term 4 Sequential knowledge and skills | ***Subject Rotation*** | N/A | **“Foods of the world”**Develop Subject knowledge:Understanding the importance of nutrition. Macro and micronutrients. Effects of deficiency and excess. Nutritional analysis of dishes from around the world Develop practical skills:**Spaghetti Carbonara** (making a roux, boiling, frying, mixing)**Sweet and sour pork** (dicing, frying, draining, handling raw meat, marinate) **Halloumi and vegetable skewers** (seasoning, cutting, threading skewers, portion control, presentation)  |
| Assessment Content and methods used to judge learning |  |  | *Subject knowledge assessment* |
| Summer half term 5 Sequential knowledge and skills | N/A | N/A | **“Food through life”**Develop Subject knowledge:Dietary needs and food related causes of ill health including allergies and intolerances, bacteria & chemicals.  Develop practical skills:**Chicken Goujons** (Mix, beat, dice, portion, bake)**Quiche** (Chop, dice, roll out, grate, divide, bake, grill)**Burgers** (Mix, form & shape, chop, bake)  |
| Assessment Content and methods used to judge learning |  |  | *Ongoing assessment of homework tasks* *Practical dish evaluation* |
| Summer half term 5Sequential knowledge and skills | N/A | N/A | **“Food through life” continued**Develop Subject knowledge:Analysis of dishes in relation to following nutritional guidelines, portion control and balanced diets. Develop practical skills:**Bread Rolls** (Mix, knead, portion, bake)**Pastry Palmiers/ Cheese Straws** (measure, rub- in, grate, roll out, combine, chop, bake, sift) **Marble Cake** (Cream, beat, fold, stir, bake, mix, sift)  |
| Assessment Content and methods used to judge learningAssessment |  |  | *End of year assessment based on subject knowledge*  |