



Key Stage 3 Term Plan – Food Technology

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>Olympic Cooking Skills</p> <p>Health and Safety in the kitchen spending time learning important skills (cutting, grating, frying) that enables students to be more independent within the kitchen.</p>		<p>Olympic Cooking Skills</p> <p>Health and Safety in the kitchen spending time learning important skills (cutting, grating, frying) that enables students to be more independent within the kitchen.</p>		<p>A Balanced Diet</p> <p>Familiarisation with The Eatwell plate and how students can ensure they have a healthy balanced diet and what is needed to do that and why it is important for our bodies. <i>Vegetarian Foods and recipes</i></p>	
Year 2	<p>Diets and Dietary Requirements</p> <p>Looking into allergies and food labelling to be able to understand instructions and interpret signs and symbols. Time will also be spent looking into where our food comes from and how this can impact on our environment.</p>		<p>Diets and Dietary Requirements</p> <p>Looking into allergies and food labelling to be able to understand instructions and interpret signs and symbols. Time will also be spent looking into where our food comes from and how this can impact on our environment.</p>		<p>Innovation Project</p> <p>Learning ways in which students can be innovative to produce products that can raise money for others and make a positive contribution to school and the wider community. <i>Biscuits and Cakes</i></p>	
Year 3	<p>Cross Curricular Project with DT and Art</p> <p>Memphis Biscuit Project Looking into design and colour around how this has impacted society and how this can be portrayed through a variety of materials.</p>		<p>Understanding Food and Flavours</p> <p>Covering all aspects of Food Technology including cutting techniques, food safety and storage, diet, nutrition and labelling to assist in creating and altering recipes to meet specific criteria.</p>		<p>Understanding Food and Flavours</p> <p>Covering all aspects of Food Technology including cutting techniques, food safety and storage, diet, nutrition and labelling to assist in creating and altering recipes to meet specific criteria. Breakfast Muffins</p>	



Key Stage 3 Term Plan – Food Technology

Digital Literacy Skills / Essential Skills / Curriculum Links

Designing

- use research and develop design criteria to inform the design of appealing products that are fit for purpose, aimed at particular individuals or groups
- generate, develop, model and communicate their ideas through discussion, annotated sketches, examples and evaluation.

Making

- select from and use a wider range of tools and equipment to perform practical tasks, such as cutting, chopping, mixing and combining, accurately
- select from and use a wider range of materials and components, including ingredients, according to their functional properties and aesthetic qualities

Evaluating

- investigate and analyse a range of existing products
- evaluate their ideas and products against their own design criteria and consider the views of others to improve their work
- understand how key events and individuals in Food technology have helped shape the world

Technical knowledge

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.



Key Stage 3 Term Plan – Food Technology