

## Long Term Mapping

### COOKING AND NUTRITION KS3 [TECHNOLOGY ROTATION]

CURRICULUM INTENT: Provide and develop a creative Food Preparation and Nutrition curriculum which encourages active engagement in learning, equipping pupils with skills to facilitate independence within the kitchen and an understanding of good nutrition and hygiene

		Cycle 1	Cycle 2	Cycle 3
		(2021-2022)	(2022-2023)	(2023-2024)
Autumn	1	BASIC SKILLS	HEALTHY EATING	KEEPING SAFE IN THE KITCHEN
	2			
Spring	1	MACRONUTRIENTS	CEREALS	FRUIT AND VEG
	2			
Summer	1	ALL AROUND THE WORLD	LANCASHIRE FOOD FESTIVAL	BEST OF BRITISH
	2			



**Medium Term Planning**  
**COOKING AND NUTRITION KS3 [TECHNOLOGY ROTATION]**

Aspiration for Life		Safe working in the kitchen	Language for Life	Ingredient lists   Reading labels	Learning for Life	Healthy food choices
CYCLE 1	CURRICULUM INTENT: Provide and develop a creative Food Preparation and Nutrition curriculum which encourages active engagement in learning, equipping pupils with skills to facilitate independence within the kitchen and an understanding of good nutrition and hygiene	BASIC SKILLS		MACRONUTRIENTS		ALL AROUND THE WORLD
		Autumn 1 - 7 weeks   Autumn 2 - 7 weeks		Spring 1 - 6 weeks   Spring 2 - 6 weeks		Summer 1 - 5 weeks   Summer 2 - 7 weeks
		Kitchen Safety Knife skills Using an oven Food Hygiene		Eat well Guide Macronutrient Food Groups Energy Balance Allergies		Sensory exploration and analysis of different foods Exploration of impact of climate, religion and culture on food
		SUGGESTED PRACTICALS (Choose from or use suitable alternative)				
		Fruit Crumble   Mini Pizza   Pasta Pot / Layered Pasta Salad   Muffins   Haloumi Kebabs		Tagliatelle Genovese   Vegetable Jalfrazi   Cauliflower Rice   Vegetarian Bolognese   Tortillas   Couscous Stuffed Peppers   Mini Carrot Cake   Savoury Rice		French Tart Tatin   Italian Apple Pie   Marble Tray Bake   Thai Curry   Tortilla Wraps   Raman   Haitian Patties
		SKILLS [See skills progress chart at the end of this document]				
		KNIFE SAFETY [ handling a knife, storing a knife, cleaning a knife, claw hold, bridge hold ] - KNIFE SKILLS [ slicing   cutting   chopping ]				
		OVEN & HOB SAFETY				
		FOOD HYGEINE				
		Boiling Simmering Weighing and Measuring Grating Skewering		Baking Simmering Boiling Preparing vegetables Grating		Preparing Fruit Baking Measuring Griddling
		VOCABULARY (In addition to ‘skills’ terms listed above)				
		Safe Clean Food Hygiene		Healthy Proteins   Carbohydrates   Fats Macro-nutrients		World food Climate   Culture Seasonality
		(Implementation)				
		Week 1 Assessment Week 2 Kitchen Rules Week 3-4 Staying Safe in the Kitchen   linked to Careers related learning and life-skills Week 5-6 The Importance of hygiene Week 7: Assessment		Week 1 What is a macro-nutrient Week 2-3 Food Groups and Nutrition   linked to life-skills and Careers related learning Week 4-5 Eatwell Guide Week 6: Assessment		Week 1-2 Exploring similarities and differences (comparisons) Week 3-4 Seasonality and impact of climate recipes Week 5-6 Sensory Exploration of ingredients Week 7: Assessment

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Aspiration for Life		Safe working in the kitchen	Language for Life	Ingredient lists   Reading labels	Learning for Life	Healthy food choices
CYCLE 2	CURRICULUM INTENT: Provide and develop a creative Food Preparation and Nutrition curriculum which encourages active engagement in learning, equipping pupils with skills to facilitate independence within the kitchen and an understanding of good nutrition and hygiene	HEALTHY EATING		CEREALS		LANCASHIRE FOOD FESTIVAL
		Autumn 1 - 7 weeks   Autumn 2 - 7 weeks		Spring 1 - 6 weeks   Spring 2 - 6 weeks		Summer 1 - 5 weeks   Summer 2 - 7 weeks
		The Eatwell Guide Sourcing Ingredients Nutritional Values		The importance of cereals as primary products Yeast Experiments Secondary Processing Project – ‘Follow the Grain’		Research different foods that come from Lancashire Explore Carers related to Lancashire foods (Taste Lancashire) Famous Dishes   Local Produce   Seasonality
		SUGGESTED PRACTICALS (Choose from or use suitable alternative)				
		Cereal Bar   Dips and Dippers   Fruit Layered Dessert   Vegetable Cous Cous    Fruit Smoothie		Bread   Pizza   Flapjacks   Brownies   Savoury Snack pots		Butter Pie and Pickled Cabbage   Manchester Tarts   Eccles Cakes   Cauliflower Cheese   Fish Dishes   Damson Crumble
		SKILLS [See skills progress chart at the end of this document]				
		KNIFE SAFETY [ handling a knife, storing a knife, cleaning a knife, claw hold, bridge hold ] - KNIFE SKILLS [ slicing   cutting   chopping ]				
		OVEN & HOB SAFETY				
		FOOD HYGEINE				
		Boiling Simmering Weighing and Measuring Skewering Blending		Baking Simmering Boiling Researching		Preparing Fruit Baking Weighing and Measuring Researching Grating
		VOCABULARY (In addition to ‘skills’ terms listed above)				
		Good Healthy   Ingredients Eatwell Guide		Cereal   Grain   Bread Carbohydrates Primary Processing   Secondary Processing		Lancashire Produce   Dishes   Climate Seasonality
		(Implementation)				
		Week 1 Assessment Week 2-3 Eat Well Guide Week 4-5 Nutritional value – shop vs home Week 6 Sourcing Ingredients Week 7: Assessment		Week 1-3 What are grains? (Including Eatwell Guide) Week 4 The Grain Chain Week 5 Red Tractor Logo Week 6: Assessment		Week 1-3 Lancashire Produce Week 4-6 Lancashire Dishes Week 7: Assessment

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Aspiration for Life		Safe working in the kitchen	Language for Life	Ingredient lists   Reading labels	Learning for Life	Healthy food choices	
CYCLE 3	CURRICULUM INTENT: Provide and develop a creative Food Preparation and Nutrition curriculum which encourages active engagement in learning, equipping pupils with skills to facilitate independence within the kitchen and an understanding of good nutrition and hygiene	KEEPING SAFE IN THE KITCHEN		FRUIT AND VEG		BEST OF BRITISH	
		Autumn 1 - 7 weeks   Autumn 2 - 7 weeks		Spring 1 - 6 weeks   Spring 2 - 6 weeks		Summer 1 - 5 weeks   Summer 2 - 7 weeks	
		Kitchen Safety Knife skills Using an oven Food Hygiene		Understanding seasonality of ingredients Sustainable living Healthy Eating   Five a day   Eat Well Guide Changes in fruit and veg as it is cooked		Sourcing ingredients Seasonality Building confidence	
		SUGGESTED PRACTICALS (Choose from or use suitable alternative)					
		Stir fry   Vegetable Samosas   Cake   Bean Burger   Spinach, Potato and Chickpea Curry   Biscuits   Soup		Fruit kebabs   Smoothies   Vegetable Casserole   Vegetable Curry   Soup   Ratatouille		Wellington   Bubble and Squeak   Pasties   Scouse   Apple Pie   Bakewell Tart   Banoffee Pie   Soda Bread   Potato Bread   Bara Brith	
		SKILLS [See skills progress chart at the end of this document]					
		KNIFE SAFETY [ handling a knife, storing a knife, cleaning a knife, claw hold, bridge hold ] - KNIFE SKILLS [ slicing   cutting   chopping ]					
		OVEN & HOB SAFETY					
		FOOD HYGEINE					
		Frying Baking Boiling Shaping Weighing and Measuring Mixing		Baking Simmering Boiling Preparing vegetables		Baking Weighing and Measuring Boiling Shaping Mixing	
		VOCABULARY (In addition to ‘skills’ terms listed above)					
		Knife   Oven   Hob   Safety Claw hold   Bridge Hold		Fruit   Vegetables Healthy   Eatwell Guide Sustainability		Britain England   Scotland   Wales   Northern Ireland Seasonality	
		(Implementation)					
		Week 1 Assessment Week 2 Staying Safe in the Kitchen Week 3-4 Knife Skills Week 5-6 Safe use of the oven (hob and cooker) Week 7: Assessment		Week 1-2 Different cooking methods (roast/fried/baked) Week 3-4 Food Hygiene – Cross contamination Week 5 Food Safety (BBD) Week 6: Assessment		Week 1-2 Pastry Week 3 Bakes Week 4 Broths/Stews Week 5-6 Desserts Week 7: Assessment	

## Skills Progression

KS2				KS3			KS4	
Cycle 1	Cycle 2	Cycle 3	Cycle 4	Cycle 1	Cycle 2	Cycle 3	Cycle 1	Cycle 2

### Skill

Weigh and Measure																												
Knife Skills – Bridge Hold																												
Knife Skills – Claw Grip																												
Peeling																												
Grating																												
Sift																												
Stir																												
Beat																												
Blending																												
Combine																												
Knead																												
Mix																												
Mashing																												
Preparing fruit/vegetables																												
Rub-in																												
Whisk																												
Shape																												
Skewer																												
Rolling																												
Cooking on hob (conduction)																												
Cooking in oven (convection)																												
Cooking using grill (radiation)																												

### Theory

Oven Safety																												
Knife Safety																												
Food Hygiene – Cleanliness																												
Food Hygiene – Cross-contamination																												
Seasonality																												
The Eatwell Guide																												
Processing																												
Provenance																												
Allergies																												