

# 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**  
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<b>Aspiration for Life</b>	Safe working in the kitchen	<b>Language for Life</b>	Ingredient lists   Reading labels	<b>Learning for Life</b>	Healthy food choices		
<b>CYCLE 1</b>	<b>CURRICULUM INTENT:</b> 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	<b>BASIC SKILLS</b>		<b>MACRONUTRIENTS</b>		<b>ALL AROUND THE WORLD</b>	
		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	
		<b>SUGGESTED PRACTICALS</b> ( <i>Choose from or use suitable alternative</i> )					
		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	
		<b>SKILLS</b> [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	
		<b>VOCABULARY</b> ( <i>In addition to 'skills' terms listed above</i> )					
		<b>Safe</b> Clean <i>Food Hygiene</i>		<b>Healthy</b> Proteins   Carbohydrates   Fats <i>Macro-nutrients</i>		<b>World food</b> Climate   Culture <i>Seasonality</i>	
		<b>(Implementation)</b>					
		<b>Week 1</b> Assessment <b>Week 2</b> Kitchen Rules <b>Week 3-4</b> Staying Safe in the Kitchen   linked to Careers related learning and life-skills <b>Week 5-6</b> The Importance of hygiene <b>Week 7:</b> Assessment		<b>Week 1</b> What is a macro-nutrient <b>Week 2-3</b> Food Groups and Nutrition   linked to life-skills and Careers related learning <b>Week 4-5</b> Eatwell Guide <b>Week 6:</b> Assessment		<b>Week 1-2</b> Exploring similarities and differences (comparisons) <b>Week 3-4</b> Seasonality and impact of climate recipes <b>Week 5-6</b> Sensory Exploration of ingredients <b>Week 7:</b> Assessment	

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<b>CYCLE 2</b>	<b>HEALTHY EATING</b>		<b>CEREALS</b>		<b>LANCASHIRE FOOD FESTIVAL</b>
	<b>Autumn 1 - 7 weeks   Autumn 2 - 7 weeks</b>		<b>Spring 1 - 6 weeks   Spring 2 - 6 weeks</b>		<b>Summer 1 - 5 weeks   Summer 2 - 7 weeks</b>
	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
	<b>SUGGESTED PRACTICALS (Choose from or use suitable alternative)</b>				
	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
	<b>SKILLS [See skills progress chart at the end of this document]</b>				
	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
	<b>VOCABULARY (In addition to ‘skills’ terms listed above)</b>				
	<b>Good</b> Healthy   Ingredients <i>Eatwell Guide</i>		<b>Cereal   Grain   Bread</b> Carbohydrates <i>Primary Processing   Secondary Processing</i>		<b>Lancashire</b> Produce   Dishes   Climate <i>Seasonality</i>
	<b>(Implementation)</b>				
	<b>Week 1</b> Assessment <b>Week 2-3</b> Eat Well Guide <b>Week 4-5</b> Nutritional value – shop vs home <b>Week 6</b> Sourcing Ingredients <b>Week 7:</b> Assessment		<b>Week 1-3</b> What are grains? (Including Eatwell Guide) <b>Week 4</b> The Grain Chain <b>Week 5</b> Red Tractor Logo <b>Week 6:</b> Assessment		<b>Week 1-3</b> Lancashire Produce <b>Week 4-6</b> Lancashire Dishes <b>Week 7:</b> Assessment

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<b>CYCLE 3</b>	<b>KEEPING SAFE IN THE KITCHEN</b>		<b>FRUIT AND VEG</b>		<b>BEST OF BRITISH</b>	
	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	
	<b>SUGGESTED PRACTICALS (Choose from or use suitable alternative)</b>					
	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	
	<b>SKILLS [See skills progress chart at the end of this document]</b>					
	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	
	<b>VOCABULARY (In addition to 'skills' terms listed above)</b>					
	Knife   Oven   Hob   Safety Claw hold   Bridge Hold		Fruit   Vegetables Healthy   Eatwell Guide Sustainability		Britain England   Scotland   Wales   Northern Ireland Seasonality	
	<b>(Implementation)</b>					
	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	

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