

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	BEST OF BRITISH LANCASHIRE FOOD FESTIVAL	FRUIT AND VEG
	2			
Summer	1	ALL AROUND THE WORLD	BEST OF BRITISH LANCASHIRE FOOD FESTIVAL	FRUIT AND VEG
	2			



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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 1	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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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			BEST OF BRITISH 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			Sourcing ingredients Seasonality Famous British Foods Research different foods that come from Lancashire Famous Dishes Local Produce Seasonality Educational Visit Ideas: Food Factory / Local Farm / Leighton Hall Kitchen Garden	
		SUGGESTED PRACTICALS (<i>Choose from or use suitable alternative</i>)				
		Cereal Bar Dips and Dippers Fruit Layered Dessert Vegetable Cous Cous Fruit Smoothie			Wellington Bubble and Squeak Pasties Scouse Apple Pie Bakewell Tart Banoffee Pie Soda Bread Potato Bread Bara Brith Butter Pie and Pickled Cabbage Manchester Tarts Eccles Cakes Cauliflower Cheese Fish Dishes	
		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			Preparing Fruit Baking Boiling Weighing and Measuring Researching Shaping	
		VOCABULARY (<i>In addition to 'skills' terms listed above</i>)				
		Good Healthy Ingredients <i>Eatwell Guide</i>			Lancashire Britain England Scotland Wales Northern Ireland Produce Dishes Climate <i>Seasonality</i>	
		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 British Produce Week 4-6 Lancashire Dishes Careers related to Lancashire foods (Taste Lancashire) Week 7: Assessment	

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CYCLE 3	KEEPING SAFE IN THE KITCHEN			FRUIT AND VEG	
	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 Educational Visit Ideas: Catering Dept / School kitchen			Understanding seasonality of ingredients Sustainable living Healthy Eating Five a day Eat Well Guide Changes in fruit and veg as it is cooked Educational Visit Ideas: Pick Your Own / Allotment / Horticulture Dept / Farm	
	SUGGESTED PRACTICALS <i>(Choose from or use suitable alternative)</i>				
	Stir fry Vegetable Samosas Cake Bean Burger Spinach, Potato and Chickpea Curry Biscuits Soup			Fruit kebabs Smoothies Vegetable Casserole Vegetable Curry Soup Ratatouille	
	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	
	VOCABULARY <i>(In addition to 'skills' terms listed above)</i>				
	Knife Oven Hob Safety Claw hold Bridge Hold			Fruit Vegetables Healthy Eatwell Guide Sustainability	
	(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) Exploring jobs in Catering/Food Service Industry 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		

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