

## 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		
Aut	2	DI GIC SIXILLS	HEALTHY EATING	KEEPING SAFE IN THE KITCHEN
Spring	1	MACDONILITRIENTS		
Spr	2	MACRONUTRIENTS		
Summer	1	ALL AROUND THE WORLD	BEST OF BRITISH   LANCASHIRE FOOD FESTIVAL	FRUIT AND VEG
Sur	2	ALL ANOUND THE WORLD	JK VIEW	











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

Aspi	ration for Life	Safe working in the kitchen Lang	age for Life	Ingredient lists   Reading labels	Learning for Life	Healthy food choices							
		BASIC SKILLS		MACRONUTRIENTS		ALL AROUND THE WORLD							
	r the	Autumn 1 - 7 weeks   Autumn 2 - 7 weeks		Spring 1 - 6 weeks   Spring 2 - 6 weeks	Summ	Summer 1 - 5 weeks   Summer 2 - 7 weeks							
	a creative Food Preparation and Nutrition curriculum which equipping pupils with skills to facilitate independence within the tion and hygiene	Kitchen Safety Knife skills Using an oven Food Hygiene	\	<mark>Eat well Guide</mark> Macronutrient Food Groups Energy Balance Allergies		Sensory exploration and analysis of different foods Exploration of impact of climate, religion and culture on food							
	n cur depe	SUGGESTED PRACTICALS (Choose from or use suitable alternative)											
	nd Nutritio acilitate in	Fruit Crumble   Mini Pizza   Pasta Pot / Layered Pa Salad   Muffins   Haloumi Kebabs	IC	Tatin   Italian Apple Pie   Marble Tray Bake   y   Tortilla Wraps   Raman   Haitian Patties									
	ion al s to f		ocument]	ment]									
	oarati h skill	KNIFE SAFETY [ handling a kn	- KNIFE SKILLS [ slicin	FE SKILLS [ slicing   cutting   chopping ]									
7	d Preps with	OVEN & HOB SAFETY											
CYCLE	Food pupil /gien	FOOD HYGEINE											
CYC		Boiling Simmering Weighing and Measuring Grating Skewering		Baking Simmering Boiling Preparing vegetables Grating		Preparing Fruit Baking Measuring Griddling							
	d dev learr ood r		VOCAB	ULARY (In addition to 'skills' terms listed	above)								
	TENT: Provide and develop e engagement in learning, nderstanding of good nutri	<b>Safe</b> Clean Food Hygiene	7	<b>Healthy</b> Proteins   Carbohydrates   Fats <i>Macro-nutrients</i>	\ \	<b>World food</b> Climate   Culture Seasonality							
	ENT: e enga derst		(Implementation)										
	CURRICULUM INTE encourages active kitchen and an und	Week 1 Assessment Week 2 Kitchen Rules Week 3-4 Staying Safe in the Kitchen   linked to Car related learning and life-skills Week 5-6 The Importance of hygiene Week 7: Assessment	ers and Car Week 4	What is a macro-nutrient  -3 Food Groups and Nutrition   linked to life- eers related learning  -5 Eatwell Guide  : Assessment	skills (comparisor <b>Week 3-4</b> <mark>Se</mark>	easonality and impact of climate recipes ensory Exploration of ingredients							

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Aspi	ration for Life	Safe working in the kitchen Language for Life Ingre	dient lists   Reading labels  Learning for Life   Healthy food choices								
	υ	HEALTHY EATING	BEST OF BRITISH   LANCASHIRE FOOD FESTIVAL								
	ch ìin th	Autumn 1 - 7 weeks   Autumn 2 - 7 weeks Spring 1 - 6 wee	ks Spring 2 - 6 weeks Summer 1 - 5 weeks   Summer 2 - 7 weeks								
	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	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								
	ition e ind	SUGGESTED PRACTICALS (Choose from or use suitable alternative)									
	n and Nutr to facilitat	Cereal Bar   Dips and Dippers   Fruit Layered Dessert   Vegetable Cous Co 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								
	ration	SKILLS [See skills	progress chart at the end of this document]								
	repa with s	KNIFE SAFETY [ handling a knife, storing a knife, clea	ning a knife, claw hold, bridge hold ] - KNIFE SKILLS [ slicing   cutting   chopping ]								
E 2	ood P pod P pod P iene		OVEN & HOB SAFETY								
CYCLE	ive Forning pu		FOOD HYGEINE								
C	CURRICULUM INTENT: Provide and develop a creative Food I encourages active engagement in learning, equipping pupils kitchen and an understanding of good nutrition and hygiene	Boiling Simmering Weighing and Measuring Skewering Blending	Preparing Fruit  Baking   Boiling  Weighing and Measuring  Researching  Shaping								
	and c in le of goc	VOCABULARY	(In addition to 'skills' terms listed above)								
	NT: Provide ingagement erstanding c	<b>Good</b> Healthy   Ingredients <i>Eatwell Guide</i>	Lancashire   Britain England   Scotland   Wales   Northern Ireland   Produce   Dishes   Climate Seasonality								
	INTEr tive e unde										
	CURRICULUM INTENT: Provide and develop encourages active engagement in learning, kitchen and an understanding of good nutri	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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Aspir	ration for Life	Safe working in the kitchen  Language for Life	Ingredient lists   Re		Learning for Life Healthy food choices					
	Ð	KEEPING SAFE IN THE KITCHEM			FRUIT AND VEG					
	in th	Autumn 1 - 7 weeks   Autumn 2 - 7 weeks   Spring 1	- 6 weeks	Spring 2 - 6 weeks   Summer 1 - 5 weeks   Summer 2 - 7 weeks						
	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	Kitchen Safety Knife skills Using an oven Food Hygiene <mark>Educational Visit Ideas: Catering Dept / School kitch</mark>	<mark>en</mark>	Educational	Understanding seasonality of ingredients Sustainable living Healthy Eating   Five a day   Eat Well Guide Changes in fruit and veg as it is cooked Visit Ideas: Pick Your Own / Allotment / Horticulture Dept / Farm					
	tritic Ite in	SUGGESTED P	PRACTICALS (Choose	r from or use suita	ble alternative)					
	and Nu	Stir fry   Vegetable Samosas   Cake   Bean Burger   Spinach, Potato   Biscuits   Soup	and Chickpea Curry	Fruit kebabs   Sm	noothies   Vegetable Casserole   Vegetable Curry   Soup   Ratatouille					
	tion . Ils to	SKILLS [See skills progress chart at the end of this document]								
	para :h ski	KNIFE SAFETY [ handling a knife, storing a knif	e, cleaning a knife, cl	claw hold, bridge hold ] - KNIFE SKILLS [ slicing   cutting   chopping ]						
	d Pre s wit e		OVEN & H	HOB SAFETY						
E E	/e Food F g pupils hygiene		FOOD H	HYGEINE						
CYCL	velop a creative ning, equipping p nutrition and hy	Frying Baking Boiling Shaping Weighing and Measuring Mixing			Baking Simmering Boiling Preparing vegetables					
	d de lear good	VOCABULARY (In addition to 'skills' terms listed above)								
	: Provide an gagement in standing of	<b>Knife   Oven   Hob  </b> Safety Claw hold   Bridge Hold	3 V		Fruit   Vegetables Healthy   Eatwell Guide Sustainability					
	TENT e eng nders		(Implem	entation)						
	CURRICULUM INT encourages active kitchen and an ur	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 Cat Industry Week 7: Assessment	ering/Food Service							

Skills Progression	KS2											KS3									KS4					
	Cycle 1		Cycle 2			Cycle 3		Cycle 4		1	(	Cycle	1	(	Cycle	2	Cycle 3		3	Cycle 1			Cycle 2			
Skill			•					•																		
Weigh and Measure																										
Knife Skills – Bridge Hold																										
Knife Skills – Claw Grip																										
Peeling																										
Grating																										
Sift																										
Stir																										
Beat						1																				
Blending																										
Combine																										
Knead												7.1														
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					000									-		100	100									
Processing					7	h .			30			V-														
Provenance								- 2				8.														
Allergies																										