

Long Term Mapping

FOOD PREPARATION AND NUTRITION KS4

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 (2023-2024)	Cycle 2 (2022-2023)
Autumn	1	LUNCH ON THE GO	BREAKFAST
	2	PUDDINGS	VEGETABLES AND STEWS
Spring	1	CHICKEN QUICK COOK MEAT	BAKING
	2	MINCE & STEWS	PASTA RICE
Summer	1	FRUIT	BREAD
	2	BBQ	FISH SALAD



Medium Term Planning FOOD PREPARATION AND NUTRITION KS4

Aspiration for Life	Working independently within the kitchen		Language for Life	Reading, understanding and following recipes		Learning for Life	Practical skills for healthy living		
CYCLE 1	More able students will work as independently as possible following instructions and developing their understanding of food preparation and nutrition. Less able students will explore the course through a sensory approach. All students will be taught how to work safely and hygienically within the kitchen, using standard or adapted equipment and resources	LUNCH ON THE GO	PUDDINGS	CHICKEN QUICK MEAT	MINCE AND STEWS	FRUIT	BBQ		
		Autumn 1 - 7 weeks	Autumn 2 - 7 weeks	Spring 1 - 6 weeks	Spring 2 - 6 weeks	Summer 1 - 5 weeks	Summer 2 - 7 weeks		
		Packed Lunch: (4 weeks) Packing a lunchbox Sandwich filling combinations Sandwiches' around the world Labelling Soups: (3 weeks) Key elements of soup base Sourcing Ingredients Nutritional Values	Kitchen hygiene Kitchen equipment Nutritional value Home-made vs shop bought Serving Eat Well Guide	Chicken: (2 weeks) Food hygiene Preparing & cooking chicken Using leftovers Quick Meat: (4 weeks) Types of meat and non-meat alternatives (reasons e.g culture, religion, allergies etc) Best-before dates Nutritional values	Mince/Meat: Types of mince/non-meat alternatives – reasons for e.g culture, beliefs, lifestyle, allergens Food hygiene Using leftovers Sourcing ingredients Timing Educational Visit Ideas: Farm / Supermarket	Kitchen hygiene Sourcing ingredients Nutritional value Seasonality Preparing Fruit Topping suggestions	How to set up a BBQ Safety Hygiene Nutritional value Ensuring food is thoroughly cooked Eat Well Guide		
		SUGGESTED PRACTICALS (Choose from or use suitable alternative)							
		Making a sandwich Soups Sandwich fillings Savoury Pastries Savoury Rice	Crumbles Tarts Parfait Cheesecakes Moose Cobbler Steamed Puddings	Roast Chicken Fajitas Sausages Minute Steak	Chilli Meatballs Lasagne Stews and Casseroles	Summer Pudding Cobblers Fruit Ice-Cream Baked Apple/Pear/Peach Toppings	Chicken Fillets Burgers Kebabs Griddled vegetables S'mores		
		SKILLS [See skills progression chart at the bottom 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 HYGIENE							
		Boiling Simmering Liquidising	Weighing / Measuring Bashing (with rolling pin) Rubbing Together Preparing Fruit Stewing	Frying Roasting Grilling	Mixing Shaping Simmering Boiling Grilling	Preparing Fruit	Setting up a BBQ Shaping Skewering Smoking		
		VOCABULARY (In addition to 'skills' terms listed above)							
		Healthy Food Groups <i>Balanced Diet</i>	Fat Energy <i>Eat-Well Guide</i>	Meat Proteins Bacteria	Ingredients Proteins <i>Eat-Well Guide</i>	Fruit Seasonal <i>Food Miles</i>	Utensils Germs Cross-contamination		
		(Implementation)							
		Week 1 Assessment Week 2 Eat Well Guide Week 3-4 Nutritional value Week 5-6 Role of ingredients within soup Week 7: Assessment	Week 1-2 Eat Well Guide Week 3-4 Nutritional value – Shop vs home Week 5-7 Different Cooking Methods	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 Mince/alternatives Week 3 Food hygiene Week 4 Sources (linked to Careers related learning) Week 5-6 Different methods of cooking (hob/slow/oven)	Week 1-2 Preparing Fruit Week 3 Fruit within the Eat Well Guide Week 4 Using fruit as a flavour Week 5: Assessment	Week 1-2 Setting up a BBQ Week 3-4 Preparation techniques Week 5-6 Food Hygiene Cross Contamination Week 7: BBQ Desserts		

Medium Term Planning FOOD PREPARATION AND NUTRITION KS4

Aspiration for Life	Working independently within kitchen		Language for Life	Reading, understanding and following recipes		Learning for Life	Practical skills for healthy living	
CYCLE 2	BREAKFAST	VEGETABLES STEWS	BAKING	PASTA RICE	BREAD	FISH SALAD		
	Autumn 1 - 7 weeks	Autumn 2 - 7 weeks	Spring 1 - 6 weeks	Spring 2 - 6 weeks	Summer 1 - 5 weeks	Summer 2 - 7 weeks		
	Eggs: (2 weeks) Kitchen safety Effect of cooking method Labelling Breakfast: (5 weeks) Importance of breakfast Food hygiene Sourcing ingredients Equipment Eat Well Guide	Vegetables: (3 weeks) Seasonality Effect of cooking methods on vegetables Benefits of different coloured vegetables Stews: (4 weeks) Exploring meat alternatives Cooking methods Using leftovers Additions	Different methods of cake making – rubbing in Creaming Melting Whisking All-in-one Role of ingredients Cake decoration Presentation Celebrations – reasons for cake Education Visit Ideas: Warburtons Factory / local Cafe	Pasta: (4 weeks) Origins/cultural importance Understanding the role of carbohydrates in healthy diet Eat Well Plate Rice: (2 weeks) Origins/cultural importance Oven Safety Timing Adding ingredients	Kitchen hygiene Adapting recipes Types of flour Role of ingredients Cultural origins of different types of bread (climate, seasonality etc) Assignment: Following a recipe to prepare ingredients and cook a dish, demonstrating food safety and hygiene	Fish* allergy dependent Sourcing ingredients Fresh vs Frozen Labelling & BBDs Salads: Food hygiene Seasonality Sourcing ingredients Nutritional values Labelling		
	SUGGESTED PRACTICALS (Choose from or use suitable alternative)							
	Omelette Fried Egg French Toast Porridge Breakfast Muffins Flapjack	Curries Pie Crust Hotpots, Stews and Casseroles Baked Potatoes Dumplings	Brownies Biscuits Cakes Tray Bakes	Pasta Bakes Pasta Salads Basic Pasta Sauces Savoury Rice	Dough Flat breads Naan Bread Focaccia Pizza	Baked fish Fish parcels Salmon Basic Salads 'Famous' Salads Dressings		
	SKILLS [See skills progression chart at the bottom 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 HYGIENE							
	Frying Scrambling Boiling Roasting Baking	Peeling Boiling Steaming Baking Simmering	Mixing Weighing Beating Measuring Testing Baking Rubbing-in Creaming	Boiling Grating Steaming	Sieving Kneading Proving Shaping Griddling	Washing Spinning Grilling Dressing Baking Seasoning		
VOCABULARY (In addition to 'skills' terms listed above)								
Eggs Food Groups <i>Eat Well Guide</i>	Vegetables Food Groups <i>Macro-nutrients</i>	Baking Raising Agents <i>Balanced Diet</i>	Ingredients Carbohydrates <i>Eat-Well Guide</i>	Bread Yeast <i>Kneading</i>	Salad Hygiene <i>Cross-contamination</i>			
(Intentions)								
Week 1 Assessment Week 2 Oven Safety Week 3-4 Eat Well Guide Week 5-6 'On-the-go' Week 7: Assessment	Week 1-2 Knife Safety Week 3-4 Eat well Guide Week 5-7 One pot dishes	Week 1-4 Cake Making Methods linked to Careers related learning and life-skills Week 5 Decoration Week 6: Assessment	Week 1 Types of pasta Week 2 Pasta Sauce Week 3-4 Role of Pasta within a meal/diet. Week 5 Types of Rice Week 6: Flavouring Rice	Week 1 Types of flour, raising agents Week 2-3 Seasoning Week 4 Flatbreads Week 5: Assessment	Week 1 Kitchen Hygiene Week 2 Food Preparation Week 3-4 Role of different pulses within salads Week 5-6 labelling 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																												