

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
		(2018-2019)	(2019-2020)	(2020-2021)
Autumn	1	BASIC SKILLS	HEALTHY EATING	KEEPING SAFE IN THE KITCHEN
Summer Spring Aut	2			
	1	MACRONUTRIENTS	CEREALS	FRUIT AND VEG
	2	WACKONOTKIENTS	CLINEALS	THOIT AND VEG
	1	ALL AROUND THE WORLD	LANCASHIRE FOOD FESTIVAL	BEST OF BRITISH
	2	ALL ANGUND THE WORLD	LANCASHINE FOOD FESTIVAL	DEST OF DIGITISH











Medium Term Planning COOKING AND NUTRITION KS3 [TECHNOLOGY ROTATION]

Aspiration for Life		Safe working in the kitchen Language	e working in the kitchen Language for Life Ingredient lists Reading labels Learning for Life										
		BASIC SKILLS	MACRONUTRIENTS	ALL AROUND THE WORLD									
	ר the	Autumn 1 - 7 weeks Autumn 2 - 7 weeks	Spring 1 - 6 weeks Spring 2 - 6 weeks	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	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									
	n cur depe	SUGGESTED PRACTICALS (Choose from or use suitable alternative)											
	nd Nutritio acilitate in	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									
	ion ar	SKILLS [See skills progress chart at the end of this document]											
	oarati h skill	KNIFE SAFETY [handling a knife, st	oring a knife, cleaning a knife, claw hold, bridge hold] - KNIFE	ridge hold] - KNIFE SKILLS [slicing cutting chopping]									
1	d Prep Is wit Ie	OVEN & HOB SAFETY											
CYCLE	Food pupil ygien		FOOD HYGEINE										
Ó	and develop a creative Food I in learning, equipping pupils of good nutrition and hygiene	Boiling Simmering Weighing and Measuring Grating Skewering	Baking Simmering Boiling Preparing vegetables Grating	Preparing Fruit Baking Measuring Griddling									
	d dev learr jood i		VOCABULARY (In addition to 'skills' terms listed above)									
	TENT: Provide and develop a cr e engagement in learning, equi nderstanding of good nutrition	Safe Clean Food Hygiene	Healthy Proteins Carbohydrates Fats <i>Macro-nutrients</i>	World food Climate Culture Seasonality									
	ENT: enga		(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 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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Aspii	ration for Life	Safe working in the kitchen Language	e for Life Ingredient lists Reading labels	arning for Life Healthy food choices									
	υ	HEALTHY EATING	CEREALS	LANCASHIRE FOOD FESTIVAL									
	ch ìin 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									
	a creative Food Preparation and Nutrition curriculum which equipping pupils with skills to facilitate independence within the tion and hygiene	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									
	rition e ind	SUGGESTED PRACTICALS (Choose from or use suitable alternative)											
	and Nutr	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 Dams Crumble									
	ratior skills t	SKILLS [See skills progress chart at the end of this document]											
	repai	KNIFE SAFETY [handling a knife, s	IIFE SKILLS [slicing cutting chopping]										
.E 2	ood F pod F pod F jene	OVEN & HOB SAFETY											
CYCLE	ive Fe ng pu I hyg		FOOD HYGEINE										
Ŋ		Boiling Simmering Weighing and Measuring Skewering Blending	Baking Simmering Boiling Researching	Preparing Fruit Baking Weighing and Measuring Researching Grating									
	and c in le of goo		VOCABULARY (In addition to 'skills' terms listed above	ve)									
	INTENT: Provide and develop tive engagement in learning, understanding of good nutrit	Good Healthy Ingredients <i>Eatwell Guide</i>	Cereal Grain Bread Carbohydrates Primary Processing Secondary Processing	Lancashire Produce Dishes Climate Seasonality									
	INTEN tive e unde		(Implementation)										
	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 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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Aspiratio	n for Life	Safe working in the kitchen Language	for Life Ingredient lists Reading labels L	Learning for Life Healthy food choices									
	4)	KEEPING SAFE IN THE KITCHEM	FRUIT AND VEG	BEST OF BRITISH									
	n the	Autumn 1 - 7 weeks Autumn 2 - 7 weeks	Spring 1 - 6 weeks Spring 2 - 6 weeks	Summer 1 - 5 weeks Summer 2 - 7 weeks									
tion curriculum whic	equipping pupils with skills to facilitate independence within the tion and hygiene	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									
Vutri	itate	SUGGESTED PRACTICALS (Choose from or use suitable alternative)											
tion and N	Ils to facil	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									
oara.	h ski	sk	ILLS [See skills progress chart at the end of this docu	ument]									
Pre	wit o	KNIFE SAFETY [handling a knife, sto	ring a knife, cleaning a knife, claw hold, bridge hold] - KN	NIFE SKILLS [slicing cutting chopping]									
.cod	pping pupils and hygiene		OVEN & HOB SAFETY										
CY live F	ng p		FOOD HYGEINE										
CYCLE 3 CURRICULUM INTENT: Provide and develop a creative Food Preparation and Nutrition curriculum which	active engagement in learning, equippi	Frying Baking Boiling Shaping Weighing and Measuring Mixing	Baking Simmering Boiling Preparing vegetables	Baking Weighing and Measuring Boiling Shaping Mixing									
e and	of g		VOCABULARY (In addition to 'skills' terms listed abo	ove)									
:NT: Provide	active engagement in learning, an understanding of good nutri	Knife Oven Hob Safety Claw hold Bridge Hold	Fruit Vegetables Healthy Eatwell Guide <i>Sustainability</i>	Britain England Scotland Wales Northern Ireland Seasonality									
N	tive		(Implementation)										
CURRICULUM	encourages ac	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	d) Week 1-2 Pastry Week 3 Bakes Week 4 Broths/Stews Week 5-6 Desserts Week 7: Assessment									

Skills Progression Skill Weigh and Measure Knife Skills – Bridge Hold Knife Skills – Claw Grip Peeling Grating Sift Stir Beat Blending	Cycle	1	(Cycle 2	2	C	ycle	3	(Cycle 4	1	(Cycle :	1	(Cycle :	2	С	vcle 3	3		ycle 1	L	C	ycle 2	`
Weigh and Measure Knife Skills – Bridge Hold Knife Skills – Claw Grip Peeling Grating Sift Stir Beat												Cycle 1			Cycle 2			Cycle 3			Cycle 1			Cycle 2		
Knife Skills – Bridge Hold Knife Skills – Claw Grip Peeling Grating Sift Stir Beat																										
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Grating Sift Stir Beat																										
Sift Stir Beat																										
Stir Beat																										
Beat																										
Blending											- 1															
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Combine																										
Knead									1.1			7.5			1		5									
Mix												10														
Mashing								1				13		- 1												
Preparing fruit/vegetables									1																	
Rub-in																										
Whisk					_																					
Shape																	-									
Skewer																										
Rolling																										
Cooking on hob (conduction)					-																					
Cooking in oven (convection)																										
Cooking using grill (radiation)																										
											1										l l			'		
Theory																										
Oven Safety																										
Knife Safety																										
Food Hygiene – Cleanliness																										
Food Hygiene – Cross-contamination																										
Seasonality																										
The Eatwell Guide												L		9.0			900									
Processing					7	b.			1			k.														
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Allergies																										
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