

## 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 (2019-2020)	Cycle 2 (2020-2021)
<b>Autumn</b>	1	LUNCH ON THE GO	BREAKFAST
	2	PUDDINGS	VEGETABLES AND STEWS
<b>Spring</b>	1	CHICKEN   QUICK COOK MEAT	BAKING
	2	MINCE & STEWS	PASTA   RICE
<b>Summer</b>	1	FRUIT	BREAD
	2	BBQ	FISH   SALAD



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Aspiration for Life		Working independently within the kitchen		Language for Life		Reading, understanding and following recipes		Learning for Life		Practical skills for healthy living			
<b>CYCLE 1</b>	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	<b>LUNCH ON THE GO</b>		<b>PUDDINGS</b>		<b>CHICKEN   QUICK MEAT</b>		<b>MINCE AND STEWS</b>		<b>FRUIT</b>		<b>BBQ</b>	
		<b>Autumn 1 - 7 weeks</b>		<b>Autumn 2 - 7 weeks</b>		<b>Spring 1 - 6 weeks</b>		<b>Spring 2 - 6 weeks</b>		<b>Summer 1 - 5 weeks</b>		<b>Summer 2 - 7 weeks</b>	
		<b>Packed Lunch:</b> (4 weeks) Packing a lunchbox Sandwich filling combinations Labelling  <b>Soups:</b> (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		<b>Chicken:</b> (2 weeks) Food hygiene Preparing & cooking chicken Using leftovers  <b>Quick Meat:</b> (4 weeks) Types of meat and non-meat alternatives Best-before dates Nutritional values		<b>Mince:</b> (3 weeks) Types of mince including non-meat alternatives Food hygiene Using leftovers  <b>Stews:</b> (3 weeks) Sourcing ingredients Timing		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	
		<b>SUGGESTED PRACTICALS</b> (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	
		<b>SKILLS</b> [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	
		<b>VOCABULARY</b> (In addition to 'skills' terms listed above)											
		<b>Healthy</b> Food Groups Balanced Diet		<b>Fat</b> Energy Eat-Well Guide		<b>Meat</b> Proteins Bacteria		<b>Ingredients</b> Proteins Eat-Well Guide		<b>Fruit</b> Seasonal Food Miles		<b>Utensils</b> Germs Cross-contamination	
		<b>(Implementation)</b>											
		<b>Week 1</b> Assessment <b>Week 2</b> Eat Well Guide <b>Week 3-4</b> Nutritional value <b>Week 5-6</b> Role of ingredients within soup <b>Week 7:</b> Assessment		<b>Week 1-2</b> Eat Well Guide <b>Week 3-4</b> Nutritional value – Shop vs home <b>Week 5-7</b> Different Cooking Methods		<b>Week 1-2</b> Different cooking methods (roast/fried/baked) <b>Week 3-4</b> Food Hygiene – Cross contamination <b>Week 5</b> Food Safety (BBD) <b>Week 6:</b> Assessment		<b>Week 1-2</b> Mince and mince alternatives <b>Week 3-4</b> Food hygiene <b>Week 5-6</b> Different methods of cooking (hob/slow cookers/oven)		<b>Week 1-2</b> Preparing Fruit <b>Week 3</b> Fruit within the Eat Well Guide <b>Week 4</b> Using fruit as a flavour <b>Week 5:</b> Assessment		<b>Week 1-2</b> Setting up a BBQ <b>Week 3-4</b> Preparation techniques <b>Week 5-6</b> Food Hygiene   Cross Contamination <b>Week 7:</b> BBQ Desserts	

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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	<b>BREAKFAST</b>	<b>VEGETABLES   STEWS</b>	<b>BAKING</b>	<b>PASTA   RICE</b>	<b>BREAD</b>	<b>FISH   SALAD</b>			
	<b>Autumn 1 - 7 weeks</b>	<b>Autumn 2 - 7 weeks</b>	<b>Spring 1 - 6 weeks</b>	<b>Spring 2 - 6 weeks</b>	<b>Summer 1 - 5 weeks</b>	<b>Summer 2 - 7 weeks</b>			
	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	Pasta: (4 weeks) Salting Water Understanding the role of carbohydrates in healthy diet Eat Well Plate  Rice: (2 weeks) Oven Safety Timing Adding ingredients	Kitchen hygiene Adapting recipes Types of flour Role of ingredients  <i>Assignment: Following a recipe to prepare ingredients and cook a dish, demonstrating food safety and hygiene</i>	Fish* allergy dependent Sourcing ingredients Fresh vs Frozen Labelling & BBDs  Salads: Food hygiene Seasonality Sourcing ingredients Nutritional values Labelling			
	<b>SUGGESTED PRACTICALS</b> (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			
	<b>SKILLS</b> [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			
	<b>VOCABULARY</b> (In addition to 'skills' terms listed above)								
	Eggs Food Groups Eat Well Guide	Vegetables Food Groups Macro-nutrients	Baking Raising Agents Balanced Diet	Ingredients Carbohydrates Eat-Well Guide	Bread Yeast Kneading	Salad Hygiene Cross-contamination			
	<b>(Intentions)</b>								
	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 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																								