

Long Term Plan Y7 Food Technology 2021/22

Rotation	Introduction to Food Technology	Key knowledge/ Content to learn and retain	Essential skills to acquire (subject & generic)	Link to subject ethos and driver (rename)	Anticipated misconceptions	Links to previous KS	Links to future KS	Opportunity for stretch for high prior attainers	SMSC & British Values	Cultural Capital	Career Link
Week 1	Baseline Test Introduction to Food Rooms	What do I already know	n/a	Wisdom Respect Courage	n/a	Skills in reading and answering questions	Unit 1 KS4 Exams Unit 1 and Unit 2	Questions are differentiated	At KS3 the Food Technology lessons are prepared to give the pupils the opportunity to examine cultural differences in food and diet. We aim to give our pupils the opportunity to examine cultural differences in food and diet by preparing and cooking food which would not always be available to them. We look into the social issues around food about price of ingredients as well as acknowledging Government guidelines for health and dietary requirements. At KS3 we encourage students to work with one another as	Specific food items and cooking equipment provided to ensure inclusion for all pupils. Every year the school holds a Macmillan Coffee Morning and other charitable activities – the cakes, biscuits and other items for this are made in Food lessons. Harvest Festival we work together to collect food donations. KS3 Food Technology follows and introduces to the students not only our own school values but also to (SMSC) how to work together and respect other people's views, religions and cultures as well as observing British values.	Hospitality and Catering Industry. NHS Armed Forces
Week 2	Practical - Vegetable/fruit Cutting.	How do we use a knife safely	Bridge and claw. How to carry a knife	Wisdom Community Respect Courage	Hold a knife like a pair of scissors.	Holding scissors and walking with them.	Unit 2 KS4 Practical Knife skills as a tool for final presentation	More accurate cuts such as julienne and brunoise.			Hospitality and Catering Industry. NHS Armed Forces
Week 3	Hygiene & Safety	Personal hygiene in the food room. General kitchen hygiene and safety	How to tie an apron, tie hair back and hand wash. Opening an oven door & using an oven cloth.	Wisdom	Personal and kitchen become the same.	Washing hands and nails. Helping at home to dry or put away equipment	Unit 1 KS4 Unit 1 3.1 - 4.5	Consequences of not following hygiene and safety rules.			Hospitality and Catering Industry. Environmental Health NHS Armed Forces
Week 4	Practical knife skills - Couscous salad	Using knife skills to make a balanced meal.	Salad preparation	Wisdom Community Respect Courage	Chopping Board colours	Cooking in primary school - savoury dishes such as pizza	Unit 2 KS4 Practical Knife skills Use of hob.	To be able to cut accurately and use a variety of foods.			Hospitality and Catering Industry. NHS Armed Forces

Week 5	Eatwell Guide	Macronutrients Protein, fats and Carbohydrates	Function of the nutrient and which foods contain it.	Courage	Everyone needs the same amounts.	Basic principles taught on healthy eating - 5 a day	Unit 2 KS4 1.1	Protein - HBV LBV Carbs - Free Sugars Fats - Dietary diseases	a team, particularly with others that they may not ordinarily work with to complete activities even down to washing up and clearing away. This prepares the students for the world of work in which they will have to communicate and work with a diverse range of people.	Each student is provided with ingredients every lesson to encourage cooking with fresh ingredients and to ensure no student is singled out through deprivation as a result of their home circumstances.	Hospitality and Catering Industry. NHS Armed Forces
Week 6	Practical Rubbing In method Healthy Pizza	Healthy alternatives	Rubbing In Method Grating Shaping Baking	Wisdom Community Respect Courage	Pizza only has vegetables on top.	Savoury products made in primary school	Unit 2 KS4 Practical Doughs	Shaping Evenly spread tomato paste and toppings appropriate for the size of the pizza.	Students are taught how to keep themselves, as well as others safe when using equipment which may pose a danger or when cooking food for themselves and their families.		Hospitality and Catering Industry. NHS Armed Forces
Week 7	Eatwell Guide	Micro nutrients Vitamins and Minerals	Function of the nutrient and which foods contain it.	Courage	Do not know micro is small.	Apply knowledge from principals learnt from eating a healthy diet.	Unit Unit 2 KS4 1.1	Fat soluble Water soluble Calcium Iron Deficiency diseases.	Students gain an understanding of the moral dilemmas surrounding food that we as a society must take into consideration, and as such we deliver a section on vegetarianism. Health, hygiene and safety are also taught as students have a moral		Hospitality and Catering Industry. NHS Armed Forces
Week 8	Mid Term Test	What has been learnt so far.	Identify areas	Courage	n/a	Skills in reading and answering questions	Unit 1 KS4	Differentiated Questions			Hospitality and Catering Industry NHS Armed Forces
Week 9	Practical Rubbing In Method	Fruit crumble or Scones	Fingertips Addition of liquids Shaping / use of rolling pin and using an oven	Wisdom Community Respect Courage	Using their hands to rub in.	Working with flour to produce savoury or sweet dishes.	Unit 2 KS4 Practical Rubbing In Method	Use of different fruits, spices, savoury not just sweet.			Hospitality and Catering Industry NHS Armed Forces
Week 10	Sugar- Taste Test Practical	Sugar content of food	Read a label to be aware of the sugar content of foods and drinks.	Community Respect	We need sugar in our diet.	Healthy eating and dental hygiene	Unit 2 KS4 Practical	To be able to read a full nutritional label and use the information to			Hospitality and Catering Industry NHS Armed

								make an informative decision on if they should be drinking/eating it everyday and if not why not.	responsibility to ensure that food served is safe to eat. During practical lessons, students are taught to be resourceful and encouraged to reflect on the impact they, as consumers, have on the environment.		Forces
Week 11	Practical Banana & Oat Muffins	Eating a dessert as part of a healthy diet	Creaming method.	Wisdom Community Respect Courage	It will not taste sweet and that a dessert cannot be healthier.	Healthy diet and linking it to dishes they have made at KS2	Unit 2 KS4 Practical Different cake methods	Independent when following a written recipe. Evenly risen muffins with oats sprinkled on top as a finishing decoration.			Hospitality and Catering Industry NHS Armed Forces
Week 12	Vegetarians	Types and reasons why people choose to become vegetarians.	Why people make the choice to become a vegetarian	Wisdom Community Respect	One blanket statement - All vegetarians are the same and they eat vegetables.	Different peoples views	Unit 1 KS4	Will be able to link protein alternatives from the Eatwell Guide and how the different vegetarians use this type of protein.			Hospitality and Catering Industry NHS Armed Forces
Week 13	Practical Chicken Nuggets	High Risk Foods	How to handle high risk foods hygienically and safely. Using the red chopping boards. Coating. Seasoning	Wisdom Community Respect Courage	They will not be as nice as McDonalds	Hygiene Safety	Unit 2 KS4 Practical High risk foods	Evenly cut, shaped and coated chicken with a choice of more unusual seasonings.			Hospitality and Catering Industry NHS Armed Forces
Week 14	End of Unit Test	To review knowledge gained through rotation.	Exam techniques - reading through the question first then answering a question in full sentences	Courage Wisdom	1 mark is 1 answer.	Skills in reading and answering questions	Unit 1 KS4	Differentiated Questions			Hospitality and Catering Industry NHS Armed Forces

			giving reasons or examples if the questions/answer requires it.								
Week 15	Seasonal Practical	Different religious/festivals celebratory foods.	Varies skills depending on the chosen dish.	Wisdom Community Respect Courage	n/a	Practical cooking pupils may have completed at home	Unit 2 KS4 Practical Religion and Life Choices	Depends on choice of practical e.g.Challah bread more complex plating.			Hospitality and Catering Industry NHS Armed Forces