

# Long Term Plan Y8 Food Technology 2021/22

Rotation	Unit title	Key knowledge/ Content to learn and retain	Essential skills to acquire (subject & generic)	Link to subject ethos and driver (rename)	Anticipated misconceptions	<a href="#">Links to previous Key stages</a>	Links to future KS	Opportunity for stretch for high prior attainers	SMSC & British Values	Cultural Capital	Career Link
Week 1	<b>Baseline Test</b> To find out what the pupils already know about Food Technology and what they retained from Y7.	Y7 Curriculum	Exam Techniques	Wisdom to use their knowledge to answer questions. Respect other students Courage to carry on.	If I don't know the answer , I will leave it blank.	Y7 Baseline exam	KS4 exams	Differentiated Questions	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	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	Hospitality and Catering Industry. NHS
Week 2 Practical	Fruit Salad Or Couscous salad	How do we use a knife safely? Browning of fruits.	Bridge and claw. How to carry a knife	Wisdom to use their knowledge to answer questions. Respect other students Courage to carry on. Community to work as a team in Food practical lessons.	Hold a knife like a pair of scissors.	Y7 - Knife safety, holding a knife and different knife cuts.	Unit 2 KS4 Practical	More accurate cuts such as julienne and brunoise.			Hospitality and Catering Industry. NHS
Week 3	Why is Hygiene and safety essential in a food room ?	Personal hygiene in a kitchen. General kitchen hygiene and	Understanding the link between what they have learnt in their own food	Wisdom to use their knowledge	Different rules in a commercial kitchen. EHO name EHO only checks hygiene	Y7 - Personal Hygiene Kitchen Hygiene and basic	Unit 1 KS4	GCSE question on the role of the EHO..			Hospitality and Catering Industry. NHS

	Theory - Hygiene and safety. The role of the EHO	safety in a kitchen. Role of the Environmental health officer in a commercial kitchen.	room and how it transfers to a commercial kitchen and the role the inspector takes.		and safety.	safety.			well as acknowledging Government guidelines for health and dietary requirements. At KS3 we encourage students to work with one another as 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. Students are taught how to keep themselves, as well as others safe when using equipment	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. 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.	
Week 4 Practical	How does yeast work in a bread mix? Practical - Pinwheels	Action of Yeast. Kneading Shaping	Weighing Measuring Addition of liquid. Kneading Shaping Baking	Wisdom to use their knowledge to answer questions. Respect other students Courage to carry on. Community to work as a team in Food practical lessons.	Flour makes the bread rise. Yeast isn't a living organism	Y7 Scone based pizza making.	Unit 2 KS4	Equally shape and cut pinwheels. Addition of herbs/ flavours in the bread base.			Hospitality and Catering Industry. NHS
Week 5	What are pathogenic bacteria ? Theory - Food Poisoning	What are pathogenic bacteria? Types of food poisoning bacteria.	Conditions of growth. Names of bacteria.	Wisdom To use the knowledge they have been given Courage to use the bacterial names.	All bacteria are harmful and have no uses.	Y7 Introduction to the word bacteria and a common type of bacteria.	Unit 1 KS4	Bacterial names Food types Symptoms Duration			Hospitality and Catering Industry. NHS
Week 6 Practical	What is a high risk food? Practical - Chicken and sweet potato curry	Raw chicken preparation	Colour coded chopping boards. Slicing Dicing Boiling	Wisdom to use their knowledge to answer questions. Respect other students Courage to	Sweet potatoes are sweet. Sweet potatoes are the same as potatoes but sweet.	Y7 Colour coded chopping board. Knife use.	Unit 2 KS4	Size the chicken and potato evenly. Use a food probe to check the temperature of the chicken.			Hospitality and Catering Industry. NHS

				carry on. Community to work as a team in Food practical lessons.					which may pose a danger or when cooking food for themselves and their families.	
Week 7	Eatwell guide. What are Macronutrients? What are their functions? Research needs of specific groups.	Macronutrients Protein, fats and Carbohydrates	Function of the nutrient and which foods contain it.	Courage to ask questions and seek knowledge about the different nutrients.	Everyone needs the same amounts.	Y7 Eatwell guide sections and colours associated with each section, as well as foods in each section.	Unit 1 KS4	Protein - HBV LBV Carbs - Free Sugars Fats - amounts for different people and the reasons why people need different amounts - GCSE questions.	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 responsibility to ensure that food served is safe to eat.	Hospitality and Catering Industry. NHS
Week 8	Midterm Exam	What has been learnt so far.	Identify areas	Wisdom to use their knowledge to answer questions. Respect other students Courage to carry on.	If I don't know the answer , I will leave it blank.	Y7 Midterm tests taken	Unit 1 KS4	Differentiated Questions	During practical lessons, students are taught to be resourceful and encouraged to reflect on the impact they, as consumers,	Hospitality and Catering Industry. NHS
Week 9 Practical	How to make a sauce Practical - Macaroni cheese	All in one method Roux method Different sauces for different foods.	Boiling pasta Simmering pasta. Making a roux Measuring liquid.	Wisdom to use their knowledge to answer questions. Respect other students Courage to carry on. Community to work as a team in Food practical	Macaroni is not pasta. How pasta is made. Pasta has to be soft.	Y7 Identifying which section the foods used belong in.	Unit 2 KS4	Roux sauce not over cooking the pasta.		Hospitality and Catering Industry. NHS

				lessons.					have on the environment.		
Week 10	Eatwell guide. What are Micronutrients? What are their functions? Research needs of specific groups.	Micro nutrients Vitamins and Minerals why certain groups need more or less amounts.	Knowing the function of fat soluble vitamins and minerals.	Courage to seek further knowledge on why we need nutrients in our bodies.	Do not know micro is small. Different amounts needed for specific groups of people.	Y7 Basic Macro and Micro nutrients.	Unit 2 KS4	Fat soluble Water soluble Calcium Iron, amounts for different people and the reasons why people need different amounts - GCSE questions. Comparing two groups of people.			Hospitality and Catering Industry. NHS
Week 11 Practical	High level skill Practical - Jam Tarts (pastry)	Weighing, Measuring Liquid, Rubbing In method, Rolling, Shaping, Filling with jam/lemon curd.	Not over rubbing in. Rolling to the correct thickness. Not over-filling.	Wisdom to use their knowledge to answer questions. Respect other students Courage to carry on. Community to work as a team in Food practical lessons.	Pastry dough is bread dough and needs to be warm. Addition of jam after. Don't need to be baked. Jam once cooked is not hot. Size of the cutter used. Over filling	Y7 Rubbing in method used in scone making and scone based pizza.	Unit 2 KS4	Add a flavour to pastry Even rolling			Hospitality and Catering Industry. NHS
Week 12	8 Tips for a healthy lifestyle	Being able to state the 8 tips and how they contribute to a healthy lifestyle.	Being able to suggest ways in which they can alter lifestyle to become more healthy.	Courage to seek knowledge on why we should try and eat healthy foods and cut down on unhealthy foods.	We need sugar in our diets as part of a balanced diet.	Y7 Sugar content of foods	Unit 2 KS4	Chemical makeup of sugar - link between sugar and caffeine drinks.			Hospitality and Catering Industry. NHS
Week 13 Practical	End of Unit Test	To review knowledge	Exam techniques -	Wisdom to use their	If I don't know the answer , I	End of Unit tests	Unit 1 KS4	Differentiated Questions			Hospitality and Catering

