

Long Term Plan Y7 Food Technology 2024/25

Lessons	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
1	Introduction to Food Rooms	What do I already know Key hygiene and safety points	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 EHO Food scientist Dietitian
2	2. Cleaning Hygienically Equipment - Routine	Cleaning routine Cleaning equipment and chemicals used	Cleaning	Wisdom Respect Courage	Clean with hot or cold water. Dish cloth and teatowel mixed up	Skills in identifying clean and unclean equipment	Unit 1 KS4 Exams Unit 1 and Unit 2	Questions are differentiated			Hospitality and Catering Industry. NHS EHO Food scientist Dietitian
3	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 EHO Food scientist Dietitian
4	Couscous Salad	Personal hygiene in the food room. General kitchen hygiene and	How to tie an apron, tie hair back and hand wash. Opening	Wisdom	Using washing up liquid to wash hands.	Washing hands and nails. Helping at home to	Unit 1 KS4 Unit 1 3.1 - 4.5	Consequences of not following hygiene and			Hospitality and Catering Industry. NHS

		safety	an oven door & using an oven cloth. Bridge and claw method			dry or put away equipment.		safety rules. Different knife cuts - slicing, dicing julienne.	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.	EHO Food scientist Dietitian
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	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 EHO Food scientist Dietitian
6	Practica Healthy Pizza -I knife skills - Rubbing in method	Using rubbing in method and knife skills to make a balanced meal.	Rubbing in method	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.	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 EHO Food scientist Dietitian
7	Practical Rubbing In method Fruit Crumble	Healthy alternatives	Rubbing In Method Slicing Baking	Wisdom Community Respect Courage	Only apples can be used.	Sweet products made in primary school	Unit 2 KS4 Practical Doughs	Ideas for adding extra fibre into the dish and less sugar.			Hospitality and Catering Industry. NHS EHO Food scientist Dietitian
8	Practical Seasonal Dish.										Hospitality and Catering Industry. NHS EHO Food scientist Dietitian

9	Sugar	Recommended daily intake. Dietary diseases related to too much sugar	Daily intake recommended Tooth decay Diabetes Obesity	Wisdom Community Respect Courage	It won't happen to me.	KS2 Tooth decay	Unit 1 and Unit 2 KS4	Questions are differentiated	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.		
10	Rock buns Rubbing in method	How to add liquid slowly and know when to stop adding liquid, as not all recipes require all the stated amounts.	Rubbing in fat and flour. Addition of liquids.	Wisdom Community Respect Courage	All liquid is needed.	Sweet products made in primary school or at home.	Unit 2 KS4 Practical Doughs and shaping.	The addition of different types of fruit. Savoury ingredients added as an alternative.			Hospitality and Catering Industry. NHS EHO Food scientist Dietitian
11	Practical Fruity oat muffins	Eating a sweet breakfast or snack as part of a healthy diet	Creaming method	Courage	Flour is added to the sugar and fat.	Using alternative products to sugar to make it sweet.	Unit 1 KS4	Use of different types of fruit, which pupils may not have eaten before.			
12	Practical Flapjack Melting method	Using the melting method to combine the ingredients together.	Melting Method	Wisdom Community Respect Courage	Put everything in the pan to melt and combine at once.	Using the melting method to combine ingredients together	Unit 2 KS4 Practical Melting Method	Use of different fruits and wholegrains.			Hospitality and Catering Industry. NHS EHO Food scientist Dietitian
13	Vegetarians types	Vegan Lacto Lacto ovo Ovo Types of meat supplements - Soya, Quorn. Religious reasons Taste Animal cruelty/welfare Taste Test -	Identifying each type of vegetarian and what they are and are not allowed to eat.	Wisdom Community Respect Courage	They only can eat vegetables and fruit	May have family members who are vegetarian.	Unit 1 and Unit 2 KS4	Questions are differentiated			

		Senses									
14	Exams										
15	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	Practical cooking pupils may have completed at home with parents, carers or grandparents.	Unit 2 KS4 Practical High risk.	Evenly cut, shaped and coated chicken with a choice of more unusual seasonings.			Hospitality and Catering Industry. NHS EHO Food scientist Dietitian
16	Australian Crunchie	The key knowledge is about all the different ingredients and where they are from which is used to make the crunchie. It also requires pupils to be able to melt in a sauce pan all the required ingredients.	Melting Method and Baking method and decorations	Wisdom Community Respect Courage	Is Australian crunchie from Australia	Links to Flapjack and basic melting method.	KS4 Desserts	Using melting method independently to make the product and adding decorations to the crunchie			Hospitality and Catering Industry. NHS EHO Food scientist Dietitian
17	Milk	The key knowledge is about how milk from a cow is processed and ends up in our supermarkets for us to buy.	Farming Milk production Different types of milk Nutritional value of milk	Wisdom Community Respect Courage	Do brown cows produce chocolate milk	Visit to a farm	KS2 Visits to Farms from School.	Questions are differentiated			Hospitality and Catering Industry. NHS EHO Food scientist Dietitian
18	Chocolate and taste test	How the cocoa bean is grown	Cocoa bean production	Wisdom Community	Dark chocolate is	Seen the fair trade mark on	Geography lessons	Questions are differentiated			Hospitality and Catering

		and then made into chocolate. Where chocolate is grown and who first discovered chocolate. What is fairtrade and the fairness or unfairness of growing and producing chocolate might be.	How chocolate is made Fair trade	Respect Courage	bitter and not sweet.	chocolate. Geography may have spoken about fair trade.					Industry. NHS EHO Food scientist Dietitian
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