

# Long Term Plan Y7 Food Technology 2022/23

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	<a href="#">Links to previous KS</a>	Links to future KS	Opportunity for stretch for high prior attainers	SMSC & British Values	Cultural Capital	Career Link
Week 1	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	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	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	Couscous Salad	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. Bridge and claw method	Wisdom	Using washing up liquid to wash hands.	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. Different knife cuts - slicing, dicing julienne.			Hospitality and Catering Industry. Environmental Health NHS Armed Forces
Week 4	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			Hospitality and Catering Industry. NHS Armed Forces

Week 5	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.	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 which may pose a danger or when cooking food for themselves and their families.	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 6	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 Armed Forces
Week 7	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 Armed Forces
Week 8	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.			Hospitality and Catering Industry NHS Armed Forces
Week 9	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 Armed Forces
Week 10	Vegetarian Spaghetti Bolognese	Using soya as a vegetarian alternative.	Shallow frying method. Using hob switches to regulate and control the temperature.	Community Respect	Just because it looks like mince it isn't.	Using soya at home as someone maybe vegetarian.	Unit 2 KS4 Practical	Using an alternative product to make a familiar dish and adding other herbs or spices.			Hospitality and Catering Industry NHS Armed Forces

Week 11	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.	taught as students have a moral responsibility to ensure that food served is safe to eat.		Hospitality and Catering Industry NHS Armed Forces
Week 12	Practical <b>Croque monsieur</b>	Using a grill Layering ingredients	How to operate the grill and how to control the temperature of it.	Wisdom Community Respect Courage	Putting the oven on.	Practical cooking pupils may have completed at home with parents, carers or grandparents	Unit 2 KS4 Practical methods of cooking.	Evenly cut, shaped and coated chicken with a choice of more unusual seasonings.	During practical lessons, students are taught to be resourceful and encouraged to reflect on the impact they, as consumers, have on the environment.		Hospitality and Catering Industry NHS Armed Forces
Week 13	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