

# Long Term Plan Y8 Food Technology 2022/23

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	Health and safety 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 Questioning	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	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	Practical Coleslaw	How do we use a knife safely?	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	Gingerbread cake	Personal hygiene in a kitchen. General kitchen hygiene and	Melting method	Wisdom to use their knowledge	All ingredients go into the pan at once.	Y7 - Personal Hygiene Kitchen Hygiene and basic	Unit 2 KS4 Gingerbread houses.	Gingerbread loaves instead of cakes.			Hospitality and Catering Industry. NHS

						safety.			ingredients as 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	Macronutrients	Proteins Fats Carbohydrates	Identifying functions of nutrients and	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.	All nutrients are needed in the same quantities for everyone.	Y7 Eatwell guide	Unit 2 Controlled assessment on nutrient requirements.	Differentiated Questioning			
Week 5 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 6 Practical	Chicken and sweet potato curry	Colour coded chopping boards. Knife skills Handling raw chicken. Using the hob to make multiple dishes.	Hob skills - cooking more than one dish. Using raw meat. Slicing, dicing and boiling.	Wisdom to use their knowledge to answer questions. Respect other students Courage to carry on. Community to work as a	Chicken is cooked when it turns white on the outside. Sweet potatoes are sweet. Sweet potatoes are the same as potatoes but sweet.	Y7 Chicken nuggets Colour coded chopping boards.	Unit 1/2 KS4 Food Poisoning	Addition of herbs and ideas shared on other vegetables which could be added to enhance the nutritional value of the dish. Size the chicken and potato evenly. Use a food probe to check the temperature of the			Hospitality and Catering Industry. NHS

				team in Food practical lessons.				chicken.	which may pose a danger or when cooking food for themselves and their families.	
Week 7	8 Tips for Healthy Eating	1.Base your meals on starchy carbohydrates 2. Eat lots of fruit and veg 3. Eat more fish – including a portion of oily fish 4.Cut down on saturated fat and sugar 5. Eat less salt 6. Get active and be a healthy weight 7. Don't get thirsty 8.Don't skip breakfast Dietary diseases associated with an unhealthy diet.	Knowing each of the tips and being able to give an example of how you can follow that tip in your own diet.	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.	Mixing this advice with the Eatwell Guide advice	Y7 - Eatwell guide and healthy eating advice	Unit 2 - Controlled Assessment	Differentiated Questioning and scaffolding questioning.	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. 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 8 Practical	How to make a sauce Practical - Macaroni cheese Assessment	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 lessons.	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.		
Week 9	Savoury Rice Boiling Control of hob	Reduction. Hob control	Knowing when all the rice has been absorbed and when more liquid	Wisdom to use their knowledge to answer questions.	Drain the liquid off instead of letting the rice absorb it.	Y7 Hob control	Unit 2 KS4	Addition of herbs and spices.		Hospitality and Catering Industry. NHS

	Vegetable preparation		maybe needed to be added.	Respect other students Courage to carry on.					have on the environment.		
Week 10	Needs of specific groups.	Macronutrients Proteins, Fats and carbohydrates. Micronutrients 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	Meatballs	Using raw meat Shaping Shallow frying	Handling and shaping raw meat. Shallow frying	Courage to use raw meat. Wisdom to understand not all people like touching raw meat. Courage to work as a team.	It's brown on the outside so it's cooked in the middle.	Y7 cooking raw meat	Unit 1 and Unit 2 KS4	Addition of herbs to the meatballs as well as the sauce.			Hospitality and Catering Industry. NHS
Week 12	Dutch Apple cake	Thinly sliced apples Creaming method	Handling a knife and thinly slicing the apple.	Wisdom to use their knowledge to answer questions. Respect other students Courage to carry on. Community to work as a team in Food practical	If I carry on creaming the sugar and butter it will make the mixture better.	Y7 All in one method	Unit 2 KS4	Chemical makeup of sugar - link between sugar and caffeine drinks.			Hospitality and Catering Industry. NHS

				lessons.							
Week 13 Practical	Seasonal cooking Christmas cooking , Easter Hot cross buns or Jewish Challah bread	To gain knowledge on what traditionally we serve in Britain and What other religions might serve at festive times.	Variety of skills depending on the practical chosen.	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.	Everyone celebrates the same festival and we all eat the same foods.	Y7 Christmas cooking	Unit 2 KS4	Higher level skills reached depending on the practical chosen.			Hospitality and Catering Industry. NHS