

Long Term Plan Y9 Food Technology 2022/23

Rotation	Y9 Food Technology 12/14 week rotation	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	Recap Health and safety in the Food Rooms	What do I already know	Personal Hygiene and safety General Food hygiene and safety.	Wisdom to use their knowledge to answer questions. Respect other students Courage to carry on.	n/a	Y7 and Y8 Health and safety	Unit 1 KS4	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	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	Hospitality and Catering Industry. NHS
Week 2	Practical - Bread	Using bread dough to create a picture.	Weighing Measuring Kneading Rolling Using flowers and vegetables to create a picture.	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.	It will all stay in place. Garlic bread shape or loaf shape.	Y8&Y7 Dough making	Unit 2 KS4	Pictures generated will be more precise and defined.			Hospitality and Catering Industry. NHS

Week 3	Why does food need to be stored correctly? Theory - Temperatures and food safety.	Storage of food types/ temperatures for correct storage of food.	Key storage temperatures	Wisdom to use their knowledge from Y8 and Y7	Bacteria die at certain temperatures.	Y7 & Y8 Hygiene in a kitchen and colour coded chopping boards.	Unit 1 KS4 Unit 2 KS4	GCSE questions	always be available to them. We look into the social issues around food about price	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. 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
Week 4	High risk foods Practical - Bacon and pea risotto	Rice is a high risk food.	Boiling, simmering and reducing.	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.	Rice is a grain why would it cause food poisoning.	Y8 Y7 Foods which are protein based.	Unit 1 KS4 Unit 2 KS4	Rice will be cooked to the bite but still sticky as a risotto should be. A herb will be used as garnish to enhance the overall dish's final finish.	of 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		Hospitality and Catering Industry. NHS
Week 5	Food poisoning. How does food make us ill ? Bacterial Chemical Plant	Identify other than bacteria different foods which would cause ill health.	Naming and giving an example for each of the 3 areas food causes ill health	Wisdom to use their knowledge from Y8 and Y7 Courage to apply knowledge gained from Y7/8	How would chemicals get into foods	Y8 Y7 Bacterial knowledge	Unit 1 KS4 Unit 2 KS	GCSE questions.			Hospitality and Catering Industry. NHS
Week 6	Practical - Lentil Shepherd's Pie	Use of lentils as a protein food.	Peeling Boiling Flavouring Construction - Laying	Wisdom to use their knowledge to answer questions. Respect other students Courage to carry on.	What are lentils and where do they come from? Why do we use them instead of mince?	Y8 students made a curry using some of the skills needed for the Lentil Shepherd's pie.	Unit 1 KS4 Unit 2 KS	Finishing skills Piping of potato with additional flavours.			Hospitality and Catering Industry. NHS

				Community to work as a team in Food practical lessons.					will have to communicate and work with a diverse range of people.	
Week 7	Mid term test Exam question practice	What has been learnt so far.	Identify areas	Wisdom to use their knowledge to answer questions. Respect other students Courage to carry on.	n/a	Y8 and Y7 Baseline and end of unit exams.	Unit 1 KS4	Differentiated Questions	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
Week 8	Practical - Madeira/lemon cake	Creaming method Using a loaf tin not sandwich tins.	Weighing Measuring Hygiene and safety. Using an electric whisk.	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.	Why do we call it madeira cake. What is maderia?	Y8 and Y7 Christmas cooking	Unit 2 KS	Use of eclectic whisk, flavours the cake or uses a marbling technique.	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 vegetarianis	
Week 9	Macronutrients Theory - Carbohydrates, Protein and Fat	More in depth detailed knowledge on Macro nutrients.	Protein HBV & LBV. Fats saturated, unsaturated and polyunsaturated. Chemical composition. Carbohydrates starches and sugars.	Courage to ask questions and seek knowledge about the different macro nutrients.	How grains can provide protein when it's usually meat.	Y7/Y8 Eatwell guide sections and colours associated with each section, as well as foods in	Unit 1 KS4 Unit 2 KS4	GCSE Questions		Hospitality and Catering Industry. NHS

						each section			m. Health, hygiene and safety are also taught as students have a moral responsibility to ensure that food served is safe to eat.		
Week 10	Practical - Potato and cheese scones	Peeling Grating Rubbing in Rolling Shaping	Using potato as a form of moisture and to bulk out a product.	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.	Why would we put potatoes in a scone? They should be sweet.	Y7 Y8 Fruit salad and Couscous practical	Unit 2 KS4	Following a recipe independently. Grating of the potato and knowledge of the addition of a liquid if required not just because the recipe says so.	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
Week 11	Micronutrients Theory - Vitamins/Minerals	More in depth detailed knowledge on Micro nutrients.	Fat soluble/water soluble vitamins A,D,E,K Minerals Iron, Calcium, Sodium, Potassium, zinc and magnesium.	Courage to ask questions and seek knowledge about the different micro nutrients and why we need them in the body.	Why would we put metals in our bodies?	Y8 Y7 Eatwell guide sections and colours associated with each section, as well as foods in each section	Unit 2 KS4	GCSE Questions - Functions and deficiency of the more unusual minerals needed for the correct balance in our bodies.			Hospitality and Catering Industry. NHS
Week 12	Cottage pie Meat/Soya	Peeling Grating Oiling Mashing Layering	Using Meat as a form of Protein and Soya	Wisdom to use their knowledge to answer questions. Respect other students Courage to carry on. Community to work as a team in	Soya does not taste or look like meat	Y8 Boiling And grating skills					Hospitality and Catering Industry. NHS

				Food practical lessons. As well as accepting other people's views.							
Week 13	Sustainability	Where food comes from and the miles it's taken to reach us.	Shopping and buying locally grown reared and caught food products. Buying seasonal foods. Fair trade and animal rights and care.	Wisdom to think through the impact of buying food from far away places has on the environment And using our local community to purchase food from.	Food comes from the shop. Why would I be bothered about where my food came from?	Y8 Geography	Unit 2 KS4	Cross curricular knowledge from Geography used in conjunction with the knowledge provided in the food lesson on the environmental impact food is having and the consequences of this for their generations and their children's futures.			Hospitality and Catering Industry. NHS
Week 14	End of Unit Exam	End of Unit Test	To review knowledge gained through rotation.	Exam techniques - reading through the question first then answering a question in full sentences giving reasons or examples if the questions/answer	Courage Wisdom	1 mark is 1 answer.	KS4 Hospitality and Catering Exam	Unit 1 KS4			Hospitality and Catering Industry. NHS

				requires it.							
Week 15	Seasonal Cooking Practical	Different religious/festivals celebratory foods.	Varies skills depending on the chosen dish.	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.	n/a	n/a	Unit 2 KS4 Practical	Depends on choice of practical, in depth recipes with more complex stages to follow.			Hospitality and Catering Industry. NHS