

Long Term Overview KS3 Food Technology

Year 7	Unit Title			
	Term	Autumn Term	Spring Term	Summer Term
	No. Weeks	15 Weeks	12 Weeks	12 Weeks
	What We Will Learn	<p>Recall and apply the principles of <i>The Eatwell guide</i> and tips for healthy eating in their own diet.</p> <p>Name the key nutrients, sources and functions; Acquire and demonstrate the principles of food hygiene and safety.</p> <p>Identify how and why people make different food and drink choices.</p>	<p>Learn how to use and demonstrate safe use of a number of key pieces of equipment in the kitchen, including the hob and oven.</p> <p>Learn basic techniques that can be used to prepare and make a range of products, including accurate weighing, cutting techniques, rubbing-in etc.</p> <p>Understand basic healthy eating principles, including the Eatwell Plate.</p>	<p>Understand and follow health and safety rules and standard procedures for food practical lessons to ensure that the food room is a clean, safe and enjoyable environment to work in.</p> <p>Learn basic techniques that can be used to prepare and make a range of products, including accurate weighing, cutting techniques, rubbing-in etc.</p> <p>Record and evaluate cooking skills for practical cookery session.</p>
	What We Will Do	<p>Follow recipes using appropriate ingredients and equipment to prepare and cook a range of dishes, increasing in complexity.</p> <p>Demonstrate the knowledge, understanding and skills needed to engage in an iterative process of planning and making.</p> <p>Acquire and apply a knowledge and understanding of food science.</p> <p>Apply and consolidate their English and Maths skills by using them purposefully in real-life scenarios.</p>	<p>Understand and follow health and safety rules and standard procedures for food practical lessons to ensure that the food room is a clean, safe and enjoyable environment to work in.</p> <p>Evaluate food products using the five senses and consider improvements that could be made.</p>	<p>Follow a basic step by step recipe.</p> <p>Give examples of uses of cooking skills.</p> <p>Identify which food groups have been used.</p> <p>Identify nutrients within the recipe.</p> <p>Learn to weigh using different increments e.g LBS, OZ MLS.</p> <p>Learn to peel, chop dice, cream, simmer, boil, rubbing in, baking, stir-frying, shallow frying and grilling.</p>
	Skills Learned	<p>Acquire and demonstrate a basic range of food skills and techniques.</p>	<p>Follow a recipe and understand the importance of working methodically.</p> <p>Modify a recipe to make it more suitable for individual tastes and dietary needs.</p>	<p>Prepare and produce healthy savoury dishes.</p> <p>Use cooking skills learned throughout the year to create an appropriate dish.</p> <p>Demonstrate safe and hygienic working practices.</p> <p>Review menu of dish and gives examples of how brief has been met.</p>

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Year 8	Unit Title			
	Term	Autumn Term	Spring Term	Summer Term
	No. Weeks	15 Weeks	12 Weeks	12 Weeks
	What We Will Learn	<p>Recall and apply the principles of <i>The Eatwell guide</i> and tips for healthy eating.</p> <p>Name the key nutrients, sources and functions.</p> <p>Develop and demonstrate a wider range of food skills and techniques.</p> <p>Develop and demonstrate the principles of food hygiene and safety in a range of situations;</p>	<p>Have a clear understanding and follow health and safety rules and standard procedures for food practical lessons to ensure that the food room is a clean, safe and enjoyable environment to work in.</p> <p>Understand how to modify a basic recipe to make it more suitable for individual tastes and dietary needs.</p> <p>Explore dietary needs for different groups of people. For example: young children, people with allergies, vegetarians/vegan.</p> <p>Explore the effects of fats and how they have an impact on the body.</p> <p>Explore the effects of fibre and how they impact upon the diet.</p>	<p>Have a clear understanding and follow health and safety rules and standard procedures for personal and food safety within the room.</p> <p>Learn a range of techniques that can be used to prepare and make a range of products.</p> <p>Learn to weigh using different increments e.g LBS, OZ MLS.</p> <p>Learn to peel, chop dice, cream, simmer, boil, rubbing in, baking, stir-frying, shallow frying and grilling.</p>
Year 8	What We Will Do	<p>Adapt and follow recipes using a variety of ingredients and equipment to prepare and cook a range of more complex dishes.</p> <p>Explain the factors that affect food and drink choice.</p>	<p>Use and demonstrate safe use of, a number of key pieces of equipment in the kitchen, including the hob and oven.</p> <p>Use basic techniques that can be used to prepare and make a range of products, including accurate weighing, cutting techniques, rubbing-in etc.</p> <p>Follow a recipe and understand the importance of working methodically.</p>	<p>Plan, prepare and cook healthy meals.</p> <p>Follow a range of different recipes.</p> <p>Demonstrate safe and hygienic working practices.</p> <p>Record recipe identifying skills within the recipe.</p> <p>Complete self-assessment.</p>
	Skills Learned	<p>Demonstrate the knowledge, understanding and skills needed to engage in an iterative process of planning and making.</p> <p>Develop and apply their knowledge and understanding of food science.</p> <p>Apply and consolidate their literacy and numeracy skills by using them purposefully in real-life scenarios.</p>	<p>Apply basic techniques that can be used to prepare and make a range of products, including accurate weighing, cutting techniques, rubbing-in etc.</p> <p>Follow a recipe and understand the importance of working methodically.</p> <p>Evaluate food products using the five senses and consider improvements that could be made.</p>	<p>Identify which food groups have been used.</p> <p>Identify nutrients within the recipe.</p> <p>Apply cooking skills learned throughout the year to create an appropriate dish.</p> <p>Record and evaluate cooking skills for practical cookery session and make suggestions on how to improve the recipe.</p>

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Year 9	Unit Title			
	Term	Autumn Term	Spring Term	Summer Term
	No. Weeks	15 Weeks	12 Weeks	12 Weeks
	What We Will Learn	<p>Secure and demonstrate a range of independent food skills and techniques.</p> <p>Secure and demonstrate the principles of food hygiene and safety in a range of situations.</p> <p>Secure and demonstrate the knowledge, understanding and skills needed to engage in an iterative process of planning and making.</p> <p>Extend and consolidate their literacy and numeracy skills by using them purposefully in a range of everyday situations.</p>	<p>Understand and follow health and safety rules and standard procedures for food practical lessons to ensure that the food room is a clean, safe and enjoyable environment to work in.</p> <p>Understand and demonstrate a range of techniques that can be used to prepare and make a range of products, including accurate weighing, cutting techniques, rubbing-in etc.</p> <p>Understand the effects of fats and how they have an impact on the body.</p> <p>Understand the effects of fibre and how they impact upon the diet.</p> <p>Understand how water and hydration can impact upon the body.</p>	<p>Confidently follow a range of different recipes.</p> <p>Follow a three part recipe with confidence. For example: Lasagne.</p> <p>Identify which food groups have been used.</p> <p>Identify nutrients within the recipe and why these are important.</p> <p>Have a clear understanding and follow health and safety rules and standard procedures for personal and food safety within the room.</p> <p>Learn to weigh using different increments e.g LBS, OZ MLS. Learn to peel, chop dice, cream, and simmer, boil, rubbing in, baking, stir-frying, shallow frying and grilling.</p>
Year 9	What We Will Do	<p>Adapt and follow recipes to prepare and cook a range of predominately savoury dishes.</p> <p>Investigate information and guidance available to the consumer regarding food labelling.</p> <p>Investigate and discuss new food trends.</p>	<p>Evaluate food products using the correct terminology connected to the senses. For example; taste, texture, and smell.</p> <p>Take into consideration dietary needs for different groups of people and create a dish to suit. For example: young children, people with allergies, vegetarians/vegan.</p>	<p>Prepare and produce a range of healthy meals.</p> <p>Use cooking skills learned throughout the year to create an appropriate dish.</p> <p>Demonstrate safe and hygienic working practices.</p> <p>Make changes as required within a recipe.</p> <p>Record recipe identifying skills within the recipe.</p> <p>Complete self-assessment.</p>
	Skills Learned	<p>Apply secure and demonstrate a range of food skills and techniques.</p> <p>Apply the principles of <i>The Eatwell Guide</i> and relate this to diet through life.</p> <p>List and explain the dietary needs throughout life stages.</p>	<p>Demonstrate how to modify a recipe to make it more suitable for individual tastes and dietary needs.</p> <p>Demonstrate how to follow a recipe and understand the importance of working methodically.</p> <p>Understand how to use, and demonstrate safe use of, a wide range of key pieces of equipment in the kitchen, including the hob and oven.</p>	<p>Confidently demonstrate a range of techniques that can be used to prepare and make a range of products.</p> <p>Record and evaluate cooking skills for practical cookery session and make suggestions on how to improve the recipe.</p>



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