

Curriculum intent (overview) – To deepen students’ skills and knowledge through a broad and balanced curriculum which prepares students for adulthood.

## Class 3D.1 Curriculum Food/2Lessons weekly

Year	2024 – 2025 Autumn 1	2024 – 2025 Autumn 2	2024 – 2025 Spring 1	2024 – 2025 Spring 2	2024 – 2025 Summer 1	2024 – 2025 Summer 2
3D	<p><b><u>Topic: Mini Projects</u></b></p> <p>Introduction to Food Technology Safety and hygiene in the kitchen Developing basic food skills, peeling, chopping, grating, slicing. <b>Washing up process.</b></p> <p><b><u>Suggested Key Questions:</u></b> To know where different equipment is stored. To know hygiene and safety rules within the kitchen environment. To know how to prepare their area, ingredients and equipment. To be able to at the end half term to use, a peeler, grater, To know how to wash up, dry up, put away equipment and leave their work area clean and tidy.</p>	<p><b><u>Topic: Mini Projects</u></b></p> <p>Using basic kitchen equipment, including graters kettle and a butter knife.</p> <p><b><u>Suggested Key Questions:</u></b> To revisit how to use a grater. To know how to use a kettle correctly. To know how to use the claw and bridge hold when chopping. To know how to prepare their area, ingredients and equipment with support if needed. To know how to wash up, dry up, put away equipment and leave their work area clean and tidy with support if needed.</p> <p><b><u>Key Skills and Knowledge:</u></b></p>	<p><b><u>Topic: Super Snacks</u></b></p> <p>Pupils learn how to make healthy snacks. Introduction to the Eatwell plate. Pupils develop their skills to include weighing and baking.</p> <p><b><u>Suggested Key Questions:</u></b> To know how to use the Eatwell guide to name foods for each group with support. To know what a healthy snack is. To know how to weigh and measure accurately. To know how to prepare their area, ingredients and equipment with support if needed. To know how to wash up, dry up, put away</p>	<p><b><u>Topic: Super Snacks</u></b></p> <p>Pupils will investigate rubbing in method Where foods should be stored</p> <p><b><u>Suggested Key Questions:</u></b> To know the rubbing in method. To know different effects of cooking food. To know where different foods should be stored with support if needed. To know how to weigh and measure accurately with support. To know how to wash up, dry up, put away equipment and leave their work area clean and tidy with support if needed.</p> <p><b><u>Key Skills and Knowledge:</u></b> <b>With support,</b></p>	<p><b><u>Topic: Where our food comes from.</u></b></p> <p>Introduction to where our food comes from. Plant/ or animal. Looking at local and seasonal food.</p> <p><b><u>Suggested Key Questions:</u></b> To know where different foods come from. To look at seasonal foods, particularly in the summer. To know how to weigh and measure accurately with support. To know how to wash up, dry up, put away equipment and leave their work area clean and tidy with support if needed.</p> <p><b><u>Key Skills and Knowledge:</u></b></p>	<p><b><u>Topic: Where our food comes from.</u></b></p> <p>To investigate: Food miles Sustainability, and carbon footprint.</p> <p><b><u>Suggested Key Questions:</u></b> To be able to know where different foods comes from in the world. To be able to understand how far food has travelled before it reaches the consumer. To know how to weigh and measure accurately. To know how to complete sensory analysis of their own product with support. To know how to evaluate their own skills and techniques and with support identify how to improve with support. To know how to wash up, dry up, put away</p>

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	<p><b><u>Key Skills and Knowledge:</u></b></p> <p>Pupils will be able to know basic Health % Safety rules, they will practice wash up the dishes, tidy up the kitchen. Pupils will practice skills such as: peeling, slicing, using a dull knife, grating and chopping progressing onto using a small, sharp knife.</p> <p>Pupils will practice using a toaster;</p> <p><b><u>Recipes</u></b> Cheese on toast Fruit salad Apple crumble Free choice</p>	<p><b>Pupils will practice skills such as: peeling, slicing, using a butter knife, grating and chopping progressing onto using a small, sharp knife.</b></p> <p>Pupils will practice using a kettle. Pupils will practice using an oven safely/ participate in using an oven with close support; Pupils will practice washing up and tidy own work area.</p> <p><b><u>Recipes</u></b> Vegetable soup Pasta salad Quesadilla Bake off</p>	<p>equipment and leave their work area clean and tidy with support if needed.</p> <p><b><u>Key Skills and Knowledge:</u></b></p> <p>Students will gain the knowledge on Eat well plate and different food groups. With support, pupils will name different food groups, choose from given materials and will be able to choose the examples of foods from each food group. Pupils will practice weighing and measuring skills to make snacks.</p> <p><b><u>Recipes</u></b> Smoothies Coleslaw Cup cakes Frozen yoghurt bites Free choice</p>	<p><b>pupils will practice weighing and measuring skills to make snacks.</b></p> <p>Pupils will learn how to use rubbing in method. Pupils will be able to store some foods in the correct places like fridge, freezer, cupboard, with support. Pupils will practice using an oven safely, with support.</p> <p><b><u>Recipes</u></b> Wedges Scones Pizza from Scratch Bake off</p>	<p><b>Pupils will practice using an oven safely, with support.</b></p> <p>Pupils will understand where foods come from is it a plant or an animal; Pupils will practice tidying up and washing up.</p> <p>Skills to be practiced: using a frying pan, a hob, chopping vegetables, with support; Using correct chopping boards for different ingredients;</p> <p><b><u>Recipes</u></b> Ragu Spaghetti Bolognese Mini Pavlovas Own choice</p>	<p>equipment and leave their work area clean and tidy with support if required.</p> <p><b><u>Key Skills and Knowledge:</u></b></p> <p>Students will gain the knowledge on food miles, they will understand that locally grown foods are getting to our plate quicker than foods grown in different countries.</p> <p>Students are going to practice baking, using a scale for accurate weighing the ingredients;</p> <p><b><u>Recipes</u></b> Strawberry crumble buns Mini Strawberry tarts Raspberry crumble Bake off</p>
<p>Links to Gatsby Benchmarks:</p>	<p><b>Benchmark 2</b> Labour market to information. What are the current trends in the jobs market that involve cooking skills that students are learning.</p>	<p><b>Benchmark 2</b> Labour market to information. What are the current trends in the jobs market that involve cooking skills that students are learning.</p>	<p><b>Benchmark 2</b> Labour market to information. What are the current trends in the jobs market that involve cooking skills that students are learning.</p>	<p><b>Benchmark 2</b> Labour market to information. What are the current trends in the jobs market that involve cooking skills that students are learning.</p>	<p><b>Benchmark 2</b> Labour market to information. What are the current trends in the jobs market that involve cooking skills that students are learning.</p>	<p><b>Benchmark 2</b> Labour market to information. What are the current trends in the jobs market that involve cooking skills that students are learning.</p>

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	<p><b>Benchmark 4.</b></p> <p>STEM opportunities-linking career opportunities and what aspects of mathematics (e.g. measuring) they are learning in food lessons.</p> <p>Careers in catering Students will investigate jobs and skills required for these jobs</p>	<p><b>Benchmark 4.</b></p> <p>STEM opportunities-linking career opportunities and what aspects of mathematics (e.g. measuring) they are learning in food lessons.</p> <p>Careers in catering Students will investigate jobs and skills required for these jobs</p>	<p><b>Benchmark 4.</b></p> <p>STEM opportunities-linking career opportunities and what aspects of mathematics (e.g. measuring) they are learning in food lessons.</p> <p>Careers in catering Students will investigate jobs and skills required for these jobs</p>	<p><b>Benchmark 4.</b></p> <p>STEM opportunities-linking career opportunities and what aspects of mathematics (e.g. measuring) they are learning in food lessons.</p> <p>Careers in catering Students will investigate jobs and skills required for these jobs</p>	<p><b>Benchmark 4.</b></p> <p>STEM opportunities-linking career opportunities and what aspects of mathematics (e.g. measuring) they are learning in food lessons.</p> <p>Careers in catering Students will investigate jobs and skills required for these jobs</p>	<p><b>Benchmark 4.</b></p> <p>STEM opportunities-linking career opportunities and what aspects of mathematics (e.g. measuring) they are learning in food lessons.</p> <p>Careers in catering Students will investigate jobs and skills required for these jobs</p>
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