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

Year	2025 – 2026 Autumn 1	2025 – 2026 Autumn 2	2025 – 2026 Spring 1	2025 – 2026 Spring 2	2025 – 2026 Summer 1	2025 – 2026 Summer 2
	Topic: Mini Projects	Topic: Mini Projects	Topic: : Mini	Topic: Super	Topic:	Topic: Simple baking
3D Y7			Projects	Snacks	simple dinner	recipes
	Looking at	Developing basic	lunch time recipes	Pupils learn how to	recipes	
	breakfast recipes	food skills, peeling,		make healthy	Introduction to	Suggested Key
	throughout this	chopping, grating,	Looking at simple	snacks.	where our food	Questions:
	term?	slicing.	lunch time recipes	Introduction to the	comes from.	To be able to know
		Washing up	throughout this	Eatwell plate.	Plant/ or animal.	where different foods
		process.	term?		Looking at simple	come from in the world.
		•			dinner recipes	To be able to
	Introduction to	Using basic kitchen	Using basic kitchen	Pupils will	using the hob, and	understand how far
	Food Technology	equipment,	equipment,	investigate rubbing	microwave	food has travelled
	Safety and hygiene	including graters	including graters	in method Where	Suggested Key	before it reaches the
	in the kitchen	kettle and a butter	kettle and a butter	foods should be	Questions:	consumer.
	Developing basic	knife.	knife.	stored	To know where	To know how to weigh
	food skills, peeling,	Suggested Key			different foods come	and measure
	chopping, grating,	Questions:		Suggested Key	from.	accurately.
	slicing.	To revisit how to use	Suggested Key	Questions:	To look at seasonal	To know how to
	Washing up	a grater.	Questions:	To know the rubbing	foods, particularly in	complete sensory
	process.	To know how to use		in method.	the summer.	analysis of their own
		a kettle correctly.	To know how to use	To know different		product with support.
	Suggested Key	To know how to use	the Eatwell guide to	effects of cooking	To know how to	To know how to
	Questions:	the claw and bridge	name foods for each	food.	weigh and measure	evaluate their own
	To know where	hold when chopping.	group with support.	To know where	accurately with	skills and techniques
	different equipment is	To know how to	<u>.</u> .	different foods should	support.	and with support
	stored.	prepare their area,	To know what a	be stored with	To know how to wash	identify how to improve
	To know hygiene and	ingredients and	healthy snack is.	support if needed.	up, dry up, put away	with support.
	safety rules within the	equipment with	To know how to	To know how to	equipment and leave	T. I
	kitchen environment.	support if needed.	weigh and measure	weigh and measure	their work area clean	To know how to wash
	To know how to	To know how to wash	accurately.	accurately with	and tidy with support	up, dry up, put away
	prepare their area,	up, dry up, put away	Talkaan harrita	support.	if needed.	equipment and leave
	ingredients and	equipment and leave	To know how to	To know how to wash	Kara Obilla and	their work area clean
	equipment.	their work area clean	prepare their area,	up, dry up, put away	Key Skills and	and tidy with support if
		and tidy with support	ingredients and	equipment and leave	Knowledge:	required.
		if needed.		their work area clean		

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.

Key Skills and Knowledge:

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 suing a small, sharp knife. **Pupils will practice** using a toaster;

Recipes

Hot drink
Smoothies
Toast
Crumpets
Cheese on toast
Beans on toast

Key Skills and Knowledge:

skills such as:

Pupils will practice

peeling, slicing, using a butter knife, grating and chopping progressing onto using a small, sharp knife. **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 tidying up their own work area.

Recipes

Scrambed egg Eggy bread Poached egg Pancakes Cinamon rolls Fruit salad 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.

Key Skills and Knowledge:

Students will gain knowledge of the Eat Well course 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.

Recipes

Cheese sandwich
Wrap
Soup and toast
Pasta salad
Cheese and potato
pie
Tacos

and tidy with support if needed.

Key Skills and Knowledge:

With support, **Pupils will practice** weighing and measuring skills to make snacks. **Pupils will learn** how to use rubbing in method. Pupils will be able to store some food in the correct places like fridge, freezer, cupboard, with support. **Pupils will practice** using an oven safely, with support.

Recipes

Pop corn Crisps Fruit skewers Cheesy nachos Corn on the cob Pupils will practice using an oven safely, with support. Pupils will understand where foods come from is it a plant or an animal; Pupils will practice tidying up and washing up.

Skills to be practiced: using a frying pan, a hob, chopping vegetables, with support; Using correct chopping boards for different ingredients;

Recipes

Wedges
Pizza
Macaroni cheese
from a packet
Macaroni cheese with
a jar of sauce
Chicken curry from a
jar

Key Skills and Knowledge:

Students will gain knowledge of food miles; they will understand that locally grown foods are getting to our plate quicker than foods grown in different countries.

Students are going to practice baking, using a scale for accurate weighing the ingredients;

Recipes

Cupcakes from a packet
Cup cakes
Cookies
Scones
Short bread
Flap jack

Links to Gatsby Benchmarks:

Benchmark 2 Labour market to information. What are the current trends in the jobs market that involve cooking skills that students are learning. Benchmark 4.

STEM opportunitieslinking career opportunities and what aspects of mathematics (e.g. measuring) they are learning in food lessons.

Careers in catering Students will investigate jobs and skills required for these jobs

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Year 8

Topic: Mini Projects

Looking at lunchtime snacks/ recipes throughout this term.

Introduction to Food Technology Safety and hygiene in the kitchen Developing basic food skills, peeling, chopping, grating, slicing. Washing up process.

Suggested Key **Questions:**

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.

Topic: Mini Projects

Developing basic food skills, peeling, chopping, grating, slicina. Washing up process.

Using basic kitchen equipment, including graters kettle and a butter knife.

To revisit how to use

Suggested Key Questions:

To know how to

ingredients and

equipment with

prepare their area,

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.

Key Skills and

skills such as:

Pupils will practice

Knowledge:

a grater. To know how to use a kettle correctly. To know how to use the claw and bridge hold when chopping.

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 equipment and leave their work area clean and tidy with support

Kev Skills and Knowledge:

Topic:

Mini Projects Simple snacks recipes:

Using basic kitchen equipment, including graters kettle and a butter knife.

Suggested Kev Questions:

To know how to use the Eatwell guide to name foods for each group with support.

To know what a

if needed.

Topic: Super Snacks

Pupils learn how to make healthy snacks. Balance diet. Eatwell plate.

Pupils will investigate rubbing in method Where foods should be stored

Suggested Key Questions:

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

Key Skills and Knowledge:

if needed.

With support, Pupils will practice weighing and

Topic:

comes from. Plant/ or animal. Looking at simple dinner recipes using the hob, and microwave

Where our food

Suggested Key Questions:

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.

Key Skills and Knowledge:

Pupils will practice using an oven safely, with support. **Pupils will** understand where foods come from, whether is it a plant or an animal: **Pupils will practice** tidying up and washing up.

Topic: Simple baking recipes

Suggested Key Questions:

To be able to know where different foods come 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 equipment and leave their work area clean and tidy with support if required.

Key Skills and Knowledge:

Students will gain knowledge of food miles: they will understand that locally grown foods

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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 suing a small, sharp knife. **Pupils will practice** using a toaster;

Recipes

Hot drink
Smoothies
Toast
Crumpets
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Recipes

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Recipes

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Soup and toast
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Cheese and potato
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measuring skills to make snacks.
Pupils will learn how to use rubbing in method.
Pupils will be able to store some food in the correct places like a fridge, freezer, cupboard, with support.
Pupils will practice using an oven safely, with support.

Recipes

Pop corn Crisps Fruit skewers Cheesy nachos Corn on the cob Skills to be practiced: using a frying pan, a hob, chopping vegetables, with support.
Using correct chopping boards for different ingredients.

Recipes

Wedges
Pizza
Macaroni cheese
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are getting to our plate quicker than foods grown in different countries.

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Recipes

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Cup cakes
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Topic: Mini Projects Topic: Super Topic: Mini Projects Topic: Mini projects Topic: **Y9** Snacks Developing basic Simple dinner food skills, peeling, recipes. Autumn To make a simple Pupils learn how to vegetables. chopping, grating, meal. Spring make healthy slicina. vegetables, fruit. snacks. Washing up **Questions:** Using basic kitchen process. **Pupils will** Introduction to equipment, Food Technology Using basic kitchen including graters, a investigate rubbing kettle and a butter Safety and hygiene equipment, in method Where from. including graters, a in the kitchen knife. foods should be Developing basic kettle and a butter stored food skills, peeling, knife. chopping, grating, Suggested Key Suggested Kev **Suggested Kev** slicing. Questions: Questions: Questions: Washing up To revisit how to use To know the rubbing To know how to use in method. process. a grater. To know how to use the Eatwell guide to To know different support. Suggested Key a kettle correctly. name foods for each effects of cooking Questions: To know how to use group with support. food. To know where To know where the claw and bridge different equipment is hold when chopping. To know what a different foods should To know how to stored. healthy snack is. be stored with To know hygiene and prepare their area. To know how to support if needed. safety rules within the weigh and measure To know how to ingredients and kitchen environment. equipment with accurately. weigh and measure To know how to support if needed. accurately with prepare their area. To know how to wash To know how to support. ingredients and up, dry up, put away prepare their area. To know how to wash equipment. equipment and leave ingredients and up, dry up, put away To be able to at the their work area clean equipment with equipment and leave end half term to use. and tidy with support support if needed. their work area clean and tidy with support if needed. To know how to wash a peeler, grater, To know how to wash if needed. up, dry up, put away equipment and leave up, dry up, put away equipment and leave their work area clean **Key Skills and** animal; their work area clean **Key Skills and** and tidy with support

if needed.

Key Skills and

Knowledge:

Knowledge:

and tidy.

Key Skills and

Knowledge:

Pupils will practice skills such as:

Knowledge:

With support, **Pupils will practice** weighing and

where our food comes from. Plant/ or animals.

Suggested Key

To know where different foods come

To look at seasonal foods, particularly in the summer.

To know how to weigh and measure accurately with

To know how to wash up, dry up, put away equipment and leave their work area clean and tidy with support if needed.

Key Skills and Knowledge:

Pupils will practice using an oven safely, with support. **Pupils will** understand where foods come from is it a plant or an **Pupils will practice** tidying up and washing up.

Skills to be practiced: using a

Topic:

Baking, summer snacks.

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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.

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Cheese sandwich Wrap Soup and toast Pasta salad Cheese and potato pie Tacos measuring skills to make snacks.
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