

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

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
3D Y7	<u>Topic: Mini Projects</u> Looking at breakfast 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. <u>Suggested Key Questions:</u> 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.	<u>Topic: Mini Projects</u> Developing basic food skills, peeling, chopping, grating, slicing. Washing up process. Using basic kitchen equipment, including graters kettle and a butter knife. <u>Suggested Key Questions:</u> 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.	<u>Topic: : Mini Projects</u> <u>lunch time recipes</u> Looking at simple lunch time recipes throughout this term? Using basic kitchen equipment, including graters kettle and a butter knife. <u>Suggested Key Questions:</u> 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	<u>Topic: Super Snacks</u> Pupils learn how to make healthy snacks. Introduction to the Eatwell plate. Pupils will investigate rubbing in method Where foods should be stored <u>Suggested Key Questions:</u> 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	<u>Topic:</u> simple dinner recipes Introduction to where our food comes from. Plant/ or animal. Looking at simple dinner recipes using the hob, and microwave <u>Suggested Key Questions:</u> 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. <u>Key Skills and Knowledge:</u>	<u>Topic: Simple baking recipes</u> <u>Suggested Key Questions:</u> 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.

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	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. <u>Key Skills and Knowledge:</u> 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; <u>Recipes</u> Hot drink Smoothies Toast Crumpets Cheese on toast Beans on toast	<u>Key Skills and Knowledge:</u> Pupils will practice skills such as: 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. <u>Recipes</u> Scrambled 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. <u>Key Skills and Knowledge:</u> 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. <u>Recipes</u> Cheese sandwich Wrap Soup and toast Pasta salad Cheese and potato pie Tacos	and tidy with support if needed. <u>Key Skills and Knowledge:</u> 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. <u>Recipes</u> 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; <u>Recipes</u> Wedges Pizza Macaroni cheese from a packet Macaroni cheese with a jar of sauce Chicken curry from a jar	<u>Key Skills and Knowledge:</u> 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; <u>Recipes</u> Cupcakes from a packet Cup cakes Cookies Scones Short bread Flap jack
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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 opportunities-linking 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	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 opportunities-linking 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	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 opportunities-linking 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	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 opportunities-linking 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	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 opportunities-linking 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	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 opportunities-linking 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	<u>Topic: Mini Projects</u> 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. <u>Suggested Key Questions:</u> 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.	<u>Topic: Mini Projects</u> Developing basic food skills, peeling, chopping, grating, slicing. Washing up process. Using basic kitchen equipment, including graters kettle and a butter knife. <u>Suggested Key Questions:</u> 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. <u>Key Skills and Knowledge:</u> Pupils will practice skills such as:	<u>Topic:</u> <u>Mini Projects</u> <u>Simple snacks recipes:</u> Using basic kitchen equipment, including graters kettle and a butter knife. <u>Suggested Key Questions:</u> 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 equipment and leave their work area clean and tidy with support if needed. <u>Key Skills and Knowledge:</u>	<u>Topic: Super Snacks</u> Pupils learn how to make healthy snacks. Balance diet, Eatwell plate. Pupils will investigate rubbing in method Where foods should be stored <u>Suggested Key Questions:</u> 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. <u>Key Skills and Knowledge:</u> With support, Pupils will practice weighing and	<u>Topic:</u> Where our food comes from. Plant/ or animal. Looking at simple dinner recipes using the hob, and microwave <u>Suggested Key Questions:</u> 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. <u>Key Skills and Knowledge:</u> 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.	<u>Topic:</u> Simple baking recipes <u>Suggested Key Questions:</u> 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. <u>Key Skills and Knowledge:</u> Students will gain knowledge of food miles; they will understand that locally grown foods
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<u>Key Skills and Knowledge:</u> 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. Pupils will practice using a toaster; <u>Recipes</u> Hot drink Smoothies Toast Crumpets Cheese on toast Beans on toast	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. <u>Recipes</u> Scrambled egg Eggy bread Poached egg Pancakes Cinamon rolls Fruit salad	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. <u>Recipes</u> Cheese sandwich Wrap Soup and toast Pasta salad Cheese and potato pie Tacos	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. <u>Recipes</u> 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. <u>Recipes</u> Wedges Pizza Macaroni cheese from a packet Macaroni cheese with a jar of sauce Chicken curry from a jar	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. <u>Recipes</u> Cupcakes from a packet Cup cakes Cookies Scones Short bread Flap jack
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Y9	<u>Topic: Mini Projects</u> Simple dinner recipes. Autumn vegetables. Introduction to Food Technology Safety and hygiene in the kitchen Developing basic food skills, peeling, chopping, grating, slicing. Washing up process. <u>Suggested Key Questions:</u> 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. <u>Key Skills and Knowledge:</u>	<u>Topic: Mini Projects</u> Developing basic food skills, peeling, chopping, grating, slicing. Washing up process. Using basic kitchen equipment, including graters, a kettle and a butter knife. <u>Suggested Key Questions:</u> 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. <u>Key Skills and Knowledge:</u> Pupils will practice skills such as:	<u>Topic: Mini projects</u> To make a simple meal. Spring vegetables, fruit. Using basic kitchen equipment, including graters, a kettle and a butter knife. <u>Suggested Key Questions:</u> 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 equipment and leave their work area clean and tidy with support if needed. <u>Key Skills and Knowledge:</u>	<u>Topic: Super Snacks</u> Pupils learn how to make healthy snacks. Pupils will investigate rubbing in method Where foods should be stored <u>Suggested Key Questions:</u> 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. <u>Key Skills and Knowledge:</u> With support, Pupils will practice weighing and	<u>Topic:</u> where our food comes from. Plant/ or animals. <u>Suggested Key Questions:</u> 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. <u>Key Skills and Knowledge:</u> 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	<u>Topic:</u> Baking, summer snacks. <u>Suggested Key Questions:</u> 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. <u>Key Skills and Knowledge:</u> Students will gain knowledge of food miles; they will understand that
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