

## Class 3Q.1 –Quest Curriculum – Food /2 Lessons 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
Y7	<p><b><u>Topic: Mini Projects</u></b></p> <p>Looking at breakfast recipes throughout this term.</p> <p>Introduction to Food Technology Safety and hygiene in the kitchen Developing basic food skills, peeling, chopping, grating, slicing. Washing up process.</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,</p>	<p><b><u>Topic: Mini Projects</u></b></p> <p>Developing basic food skills, peeling, chopping, grating, slicing. Washing up process.</p> <p>Using basic kitchen equipment, including graters, a 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>Topic: Cake project</u></b> Pupils will explore the ingredients to make a cake. Pupils will investigate different methods for making cakes. Rubbing in Method. Air is trapped in sieving the flour and by lightly (with fingertips) rubbing the.</p> <p>Melting. • Fat and sugar ingredients are melted in a saucepan. ...</p> <p>Creaming. • Air is trapped by creaming the sugar and fat together. ...</p> <p>Whisking Method. • Eggs and sugar whisked together to trap air (aerate) ...</p> <p>All in one method.</p> <p><b><u>Suggested Key Questions:</u></b> To be able to know the melting method.</p>	<p><b><u>Topic: Special diets</u></b> Pupils will look at a range of special diets. Pupils will explore specialist ingredients such as gluten free flour. Pupils research a special diet, then plan a meal for a person on a special diet.</p> <p><b><u>Suggested Key Questions:</u></b> To be able to identify different types of special diet. To be able to explore different types of specialist ingredients. To be able to plan a two-course meal for someone with a specialist diet. To know how to complete sensory analysis of their own product. To know how to evaluate their own skills and techniques and with support</p>	<p><b><u>Topic: Party food project</u></b> Pupils look at different celebrations and foods served at these celebrations. Pupils will explore food served at birthdays, weddings etc.</p> <p><b><u>Suggested Key Questions:</u></b> To be able to know about different celebrations and what food is served. To know how to complete sensory analysis of their own product. To know how to evaluate their own skills and techniques and with support identify how to improve.</p> <p>To know how to prepare their area, ingredients and equipment with support if needed.</p>	<p><b><u>Topic: Party food project</u></b> Pupils will study basic HACCP and safe storage of party food. Pupils will study the different types of food poisoning and the effects of it.</p> <p><b><u>Suggested Key Questions:</u></b> To be able to know what HACCP IS. To be able to know what food storage is needed for party food. To be able to know about the different types of food poisoning and how it is caused. To know how to complete sensory analysis of their own product. To know how to evaluate their own skills and techniques and with support identify how to improve.</p>

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<p>To know how to wash up, dry up, put away equipment and leave their work area clean and tidy.</p> <p><b><u>Key Skills and Knowledge:</u></b></p> <p><b>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;</b></p> <p><b><u>Recipes</u></b> Hot drink Smoothies Toast Crumpets Cheese on toast Beans on toast</p>	<p><b><u>Key Skills and Knowledge:</u></b></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. 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.</b></p> <p><b><u>Recipes</u></b> Scrambled egg Eggy bread Poached egg Pancakes Cinamon rolls Fruit salad</p>	<p>To be able to know the whisking method. To be able to know the creaming method. To be able to know all in one method. To investigate raising agents. To be able to know what happens with caramelization. To know how to complete sensory analysis of their own product. To know how to evaluate their own skills and techniques and with support identify how to improve.</p> <p>To know how to prepare their area, ingredients and equipment with support if needed.</p> <p>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>To be able to use a sharp knife for different tasks- cutting, dicing.</b></p>	<p>identify how to improve.</p> <p><b><u>Key Skills and Knowledge:</u></b></p> <p><b>Pupils will explore specialist ingredients such as gluten free flour. Pupils research a special diet, then plan a meal for a person on a special diet.</b></p> <p><b>To know how to prepare their area, ingredients and equipment with support if needed.</b></p> <p><b>To know how to wash up, dry up, put away equipment and leave their work area clean and tidy with support if needed.</b></p> <p><b><u>Recipes</u></b> Gluten free churros Gluten free lemon drizzle cake Vegetable curry Free choice</p>	<p>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>To know how to prepare their area, ingredients and equipment with support if needed.</b></p> <p><b>To know how to wash up, dry up, put away equipment and leave their work area clean and tidy with support if needed.</b></p> <p><b><u>Recipes</u></b> Pizza pin wheels Salted chip cookie cups. Spicy Wedges &amp; dips Free choice</p>	<p>To know how to prepare their area, ingredients and equipment with support if needed.</p> <p>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>Pupils will study HACCP and safe storage of party food. Pupils will study the different types of food poisoning and the effects of it.</b></p> <p><b><u>Recipes</u></b> Mini quiches Celebration cake over 2 weeks Bake off</p>
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<p>Y8</p>	<p><b><u>Topic: Round the World Project</u></b> Introduction to recipes around the world. Pupils will be focusing on one country each week. Pupils can research their own cultural food with support.</p> <p><b><u>Suggested Key Questions:</u></b> To be able to identify where recipes come from. To know how to cook different recipes from around the world. To be able to research their own cultural heritage. To know how to complete sensory analysis of their own product. To know how to evaluate their own skills and techniques and identify how to improve with support if needed.</p> <p>To know how to prepare their area, ingredients and equipment with support if needed.</p>	<p><b><u>Topic: Round the World Project</u></b> Pupils will study the factors affecting food choice. Pupils investigate food miles. Pupils investigate different ways of cooking eggs. <b><u>Suggested Key Questions:</u></b> To be able to know about factors affecting food choice. To know about food miles. To be able to know about what food miles are. To be able to investigate what happens to eggs when you cook them in different ways. To know how to complete sensory analysis of their own product. To know how to evaluate their own skills and techniques and with support identify how to improve.</p> <p>To know how to prepare their area, ingredients and equipment with support if needed.</p>	<p><b><u>Topic: : Mini Projects</u></b> <b><u>Lunch time recipes</u></b></p> <p>Looking at simple lunch time recipes throughout this term?</p> <p>Using basic kitchen equipment, including graters kettle and a butter knife.</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.</p> <p>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>Topic: Super Snacks</u></b> Pupils learn how to make healthy snacks. Introduction to the Eatwell plate.</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> With support, Pupils will practice weighing and</p>	<p><b><u>Topic: simple dinner recipes</u></b> Introduction to where our food comes from. Plant/ or animal. Looking at simple dinner recipes using the hob, and microwave <b><u>Suggested Key Questions:</u></b> To know where different foods come from. To look at seasonal foods, particularly in the summer.</p> <p>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> Pupils will practice using an oven safely, with support. Pupils will understand where foods come from is it a plant or an animal;</p>	<p><b><u>Topic: Simple baking recipes</u></b></p> <p><b><u>Suggested Key Questions:</u></b> 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.</p> <p>To know how to wash up, dry up, put away equipment and leave their work area clean and tidy with support if required.</p> <p><b><u>Key Skills and Knowledge:</u></b> Students will gain knowledge of food miles; they will understand that locally grown foods are getting to our</p>
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	<p>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><u><b>Key Skills and Knowledge:</b></u></p> <p>Students will learn about food from different countries. Students will gain the knowledge and skills to prepare meals/ snacks from different countries. Students will know what equipment and detergents they will need to clean the kitchen, with support if required.</p> <p>Students will practice frying skills, using the kitchen equipment correctly and following safety rules when using an oven.</p>	<p>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><u><b>Key Skills and Knowledge:</b></u></p> <p>Students will gain knowledge of different ways of cooking eggs.</p> <p>Students should know that e.g. strawberries grown and sold at a local farm travelled fewer food miles before they reached our plate, other than bananas or oranges, which grown in different countries, and they have traveled a lot further.</p> <p>To be able to identify what we need to cook using a cooker.</p> <p>Defining hazards related to using hot pans, cooker. Students will be able to practice using pans and a cooker with</p>	<p><u><b>Key Skills and Knowledge:</b></u></p> <p>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.</p> <p><u><b>Recipes</b></u></p> <p>Cheese sandwich Wrap Soup and toast Pasta salad Cheese and potato pie Tacos</p>	<p>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.</p> <p><u><b>Recipes</b></u></p> <p>Pop corn Crisps Fruit skewers Cheesy nachos Corn on the cob</p>	<p>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><u><b>Recipes</b></u></p> <p>Wedges Pizza Macaroni cheese from a packet Macaroni cheese with a jar of sauce Chicken curry from a jar</p>	<p>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><u><b>Recipes</b></u></p> <p>Cupcakes from a packet Cup cakes Cookies Scones Short bread Flap jack</p>
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<p>Y9</p>	<p><b><u>Topic: Mini Projects</u></b></p> <p>Looking at lunchtime snacks/ recipes throughout this term.</p> <p>Introduction to Food Technology Safety and hygiene in the kitchen Developing basic food skills, peeling, chopping, grating, slicing. Washing up process.</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>Developing basic food skills, peeling, chopping, grating, slicing. Washing up process.</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>Pupils will practice skills such as:</b></p>	<p><b><u>Topic:</u></b></p> <p><b><u>Mini Projects</u></b> <b><u>Simple snacks recipes:</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 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.</p> <p>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> Pupils learn how to make healthy snacks. Balance diet, Eatwell plate.</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></p> <p><b>With support, Pupils will practice weighing and</b></p>	<p><b><u>Topic:</u></b> Where our food comes from. Plant/ or animal. Looking at simple dinner recipes using the hob, and microwave</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.</p> <p>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>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.</b></p>	<p><b><u>Topic:</u></b> <b>Simple baking recipes</b></p> <p><b><u>Suggested Key Questions:</u></b> 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.</p> <p>To know how to wash up, dry up, put away 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><b>Students will gain knowledge of food miles; they will understand that locally grown foods</b></p>
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