

Long-term planning for DT, Food.

Assessment: In KS3 students are assessed against the universal criteria of **Bronze**- basic application of skill, **Silver**- secure application of skill and **Gold**- competent application of skill.
Summative and formative assessments are delivered by the class teacher.

Year 7, 8, 9 food.			
	Year 7.	Year 8.	Year 9.
Unit title:	Celebration food.	Healthy eating.	Introduction into catering/ Cultural dishes.
Unit length:	12 Weeks.	12 Weeks.	12 Weeks.
Key concepts:	<ul style="list-style-type: none"> As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Principles of health and safety when preparing food both personal and kitchen hygiene as well as the 4 'C's (cleaning, cooking, cross contamination contact and chilling). Using the correct chopping board, knives, oven and hob. Eat well guide and the purposes of each food group and what nutrients do to keep us healthy. Demonstrate and apply these principles when they participate in food practical lessons. <p>Subject content;</p> <ul style="list-style-type: none"> Understand and apply the principles of nutrition and health – Fruit Salad Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet -Pasta Salad Become competent in a range of cooking techniques – Fruit Scones Understand the need to showcase basic celebration foods – Shortbreads. 	<ul style="list-style-type: none"> Principles of health and safety when preparing food both personal and kitchen hygiene as well as the 4 'C's (cleaning, cooking, cross contamination contact and chilling). Using the correct chopping board, knives, oven and hob. Eat well guide and the purposes of each food group and what nutrients do to keep us healthy. Demonstrate and apply these principles when they participate in food practical lessons. Design and plan their own menu based on healthy eating. <p>Subject Content:</p> <ul style="list-style-type: none"> Health and safety when preparing food both personal and kitchen hygiene as well as the 4 'C's (cleaning, cooking, cross contamination contact and chilling). They are taught the about the eat well guide. They will demonstrate and apply these principles when they participate in food practical lessons. Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy 	<p>This project is designed to explore the wide variety of cooking methods, flavourings, ingredients and serving suggestion that can be found around the world.</p> <p>Subject Content:</p> <ul style="list-style-type: none"> Understand and apply the principles of nutrition and health Understand the source, seasonality and characteristics of a broad range of ingredients. Designing a dish and adapting and using their own recipes Understand the source, seasonality and characteristics of a broad range of ingredients. Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet Become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]

		<p>and varied diet - Savoury biscuits, Zucchini bake, Veg muffins, Homemade soups.</p> <ul style="list-style-type: none"> • Become competent in a range of cooking techniques. • Understand the source, seasonality and characteristics of a broad range of ingredients. 	<ul style="list-style-type: none"> • Understand and apply the principles of nutrition and health, analysis of existing dishes • Understand the source, seasonality and characteristics of a broad range of ingredients. - Evaluation and analysis
Links.	<p>Links to mathematics, weighing, measuring, time. Links to science, Nutrition science also includes behaviours and social factors related to food choices. The foods we eat provide energy (calories) and nutrients such as protein, fat, carbohydrate, vitamins, minerals, and water. Link to MFL. Key words and cultural names.</p>		
Culture.	Equivalent dishes in other countries.	Equivalent dishes in other countries.	Culture and food from other countries.
End points covered:	<ul style="list-style-type: none"> • Confidently plan, prepare, make and serve a range of dishes using different items of kitchen equipment. (Develop). • Fluency and confidence in the use of planning, cooking and evaluating food dishes to demonstrate a sound understanding of the materials and techniques and process used (Refine). • To question, analyse, record ideas, observations and taught and home learning knowledge as work progresses. (Record). • Present a personal and meaningful response that realises intentions and demonstrates understanding of subject. (Present). 		
Key vocabulary	<p>Proud, Eatwell Guide, nutrition, Health, Safety, carbohydrates, protein, vitamins, dairy, fats, fruit, vegetables, accidents, planning, hob, oven, grill, chopping, cutting, grilling, boiling, cutting, hygiene, ingredients, scales, weighing, measuring, timing, AI dente.</p>	<p>Proud, Eatwell Guide, nutrition, Health, Safety, carbohydrates, protein, vitamins, dairy, fats, fruit, vegetables, accidents, planning, hob, oven, grill, chopping, cutting, grilling, boiling, cutting, hygiene, ingredients, scales, weighing, measuring, timing, precision, budget, 5plus a day, baking, grams, ounces, modify, change, seasonal.</p>	<p>Proud, Eatwell Guide, nutrition, Health, Safety, carbohydrates, protein, vitamins, dairy, fats, fruit, vegetables, accidents, planning, hob, oven, grill, chopping, cutting, grilling, boiling, cutting, hygiene, ingredients, scales, weighing, measuring, timing, precision, budget, 5plus a day, baking, grams, ounces, modify, change, seasonal, culture, cuisine, mise en place, consider, adapt, plan, garnish, macronutrient, micronutrient.</p>
National Curriculum content:	<p>Plan.</p> <ul style="list-style-type: none"> • Understand and apply the principles of nutrition and health. <p>Make.</p> <ul style="list-style-type: none"> • cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet 	<p>Plan.</p> <ul style="list-style-type: none"> • Understand and apply the principles of nutrition and health. <p>Make.</p> <ul style="list-style-type: none"> • cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet 	<p>Plan.</p> <ul style="list-style-type: none"> • Understand and apply the principles of nutrition and health. <p>Make</p> <ul style="list-style-type: none"> • cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet

	<ul style="list-style-type: none"> • become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes] • understand the source, seasonality and characteristics of a broad range of ingredients. <p>Evaluate.</p> <ul style="list-style-type: none"> • Recognise how to change and adapt a recipe to suit a wide range of dietary needs and nutritional intakes. 	<ul style="list-style-type: none"> • become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes] • understand the source, seasonality and characteristics of a broad range of ingredients. <p>Evaluate.</p> <ul style="list-style-type: none"> • Recognise how to change and adapt a recipe to suit a wide range of dietary needs and nutritional intakes. Focus on the importance of healthy eating and the long term impact on the body and health related issues. 	<ul style="list-style-type: none"> • become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes] • understand the source, seasonality and characteristics of a broad range of ingredients. <p>Evaluate.</p> <ul style="list-style-type: none"> • Recognise how to change and adapt a recipe to suit a wide range of dietary needs and nutritional intakes. • To take into account how cultural influences and traditional dishes can be adapted and changed for other countries and individual tastes.
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