



KS3 – Year 7 Food Preparation and Nutrition Long Term Mapping

Subject Intent/ Aims: The intent of our food and cookery curriculum is to furnish young people with an appreciation for nutrition and healthy eating; and a deep and broad understanding of food, as well as fostering a love of cooking. Learning how to cook healthy, tasty, and economical meals is a crucial life skill everyone should be taught. At St Philip Howard we encourage increasingly independent learning and responsibility through practical participation

Students will understand how to apply the principles of a healthy and varied diet following the guidance from the Eat Well Guide, Eight government guidelines and the 'Five a Day' campaign.

Students will learn about correct hygiene & and safety rules, incorporating the proper storage of food. Students will also learn how to use the cooker and appropriate equipment safely and effectively.

During Term2 the students will learn how to accurately cost a recipe and produce a dish within a budget. This will incorporate Mathematics, SMSC and Religious Studies. They will also learn about the functional and working properties of food in relation to the ingredients used in Cake Making.

They will conclude the Term 2 Picnic theme when they undertake a mini NAE2-style research project based on responding to a design brief, that includes producing a specification using ACESSFM and planning and preparing a balanced dish suitable to be consumed on a Picnic.

Our students also learn about multicultural foods when they prepare Croque Monsieur, Irish Soda Bread, and Egg Fried Rice, this enhances students' understanding of diverse cultures in the UK.



<p><u>ADVENT- Key Concepts:</u></p> <p>Safe food handling practices, proper hygiene in the kitchen, and the importance of preventing foodborne illnesses.</p> <p>Healthy Eating-The importance of eating a variety of foods from each food group to ensure adequate nutrient intake based on recommendations made in Eat Well Guide and the Eight Government Guidelines.</p> <p>Using equipment and knowing their correct name and function.</p> <p>Prepare nutritious meals using a variety of cooking techniques and methods.</p>	<p><u>LENT- Key Concepts:</u></p> <p>Functional properties of cake making ingredients.</p> <p>Using simple formulas to cost recipes and budgeting when shopping and planning dishes.</p> <p>Sensory analysis and evaluation of common food products.</p> <p>Using ACESFM to produce a design specification. Responding to a design brief to plan and design a picnic themed dish suitable for a child.</p>	<p><u>PENTECOST- Key Concepts:</u></p>
<p><u>National Curriculum Coverage:</u></p> <p>Know how to store, prepare, and cook a variety of predominantly savoury dishes safely and hygienically.</p> <p>How to maintain a healthy lifestyle using government guidelines and the Eat Well Guide.</p> <ul style="list-style-type: none"> ✓ Select and use appropriate tools and equipment safely when preparing and cooking food. 	<p><u>National Curriculum Coverage:</u></p> <p>Plan, prepare and design a Picnic inspired dish suitable for a child using ACESFM to make a specification.</p> <p>The functional and chemical properties Fat, sugar, flour, and eggs when used in CAAKE making.</p> <p>Sensory evaluation and its use in the food industry. Learn how to cost recipes and budget when shopping.</p> <ul style="list-style-type: none"> ✓ Focused practical tasks on suitable Picnic style foods. 	<p><u>National Curriculum Coverage:</u></p>



<div>✓ Demonstrate an increasing range of food preparation skills, e.g., accurate weighing and measuring, kneading.</div>			
<div>Components (Key Content/ Knowledge)</div>	<div>HO Knowledge:</div>	<div>Components (Key Content/ Knowledge)</div>	<div>Components (Key Content/ Knowledge)</div>
<div>To know about personal and food hygiene.</div> <div>To learn how to wash up correctly.</div> <div>To know the four C’s for good food hygiene.</div> <div>Know the function and names of common kitchen tools and equipment.</div> <div>Know the units for weighing and measuring.</div> <div>Acquire and demonstrate weighing, measuring, grating, slicing, spreading, and using the grill to</div>	<div>To apply food safety rules to practical lessons</div> <div>To apply knowledge of the four ‘C’s for good food hygiene.</div> <div>Use kitchen equipment with accuracy.</div> <div>Use safe knife skills Competently.</div>	<div>Knowledge of the function of the main cake-making ingredients and the science relating to how they affect foods.</div> <div>Learn how to estimate and budget the cost of common food ingredients and calculate the amount it would cost to cater for a picnic.</div> <div>To know the function of eggs, fat, flour, and sugar when used in cake making.</div> <div>Use sensory analysis and sensory descriptors to evaluate food.</div> <div>Create a design specification for a picnic themed dish.</div> <div>Plan and create a dish suitable for a child’s picnic.</div> <div>Produce a specification for a picnic product.</div> <div>Draw and annotate four picnic design ideas.</div>	





<p>prepare and cook Pizza toast.</p> <p>Know the correct names for units used for weighing and measuring.</p> <p>Know the principles of <i>The Eatwell Guide</i> and relate this to their own diets.</p> <p>Learn the eight tips for healthy eating, and the '5 A Day' message.</p> <p>Know the different sections of the Eat Well Guide and recall how many of the main groups one needs to consume daily to achieve a healthy diet.</p>		Justify selections made for your final design ideas.	
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<u>Generic Composite Skills</u>	<u>HO Composites:</u>	<u>Composite Skills:</u>	<u>HO Composites:</u>	<u>Composite Skills:</u>	<u>HO Composites:</u>
Understand the importance of maintaining good hygiene and safety in the food room:	Use the claw grip to chop fruit safely to make Fruit Smoothies.	Develop a Pasta Salad dish.	Evaluate your pasta salad.		
Use safe knife skills and effective use of equipment.	Weigh and measure out accurately to prepare Pizza Toast.	To learn why sensory analysis is important in the food industry.	Develop your own descriptors to analyse and evaluate your food products.		
<i>To use a range of tools and equipment safely and effectively in the food room.</i>	Demonstrate effective knife skills and safe use of the hob to prepare and cook a Vegetable Pasta Bake.	Analyse and evaluate food products.	Compare products to similar shop bought products.		
Acquire and demonstrate weighing, measuring, and knife skills to prepare and cook Pizza toast.	Prepare an innovative Pizza Toast dish.	Learn how to analyze and evaluate food relating to taste, appearance, texture, and aroma.	Produce an innovative Croque Monsieur dish using additional ingredients.		
Acquire and demonstrate weighing and measuring, grating, knife skills, rubbing-in, assembling and layering, and using the oven (baking) to cook and prepare a Fruit Crumble.	Make Apple Crumble using oats, and dried fruit.	Use the grill to safely prepare a Croque Monsieur. Learn how to shop and budget when buying food.	Substitute ingredients to produce a healthy version of Flapjacks. Apply knowledge of the function of cake making ingredients to the Mini Fruit cake practical.		
		Use the melting method			





<p>Demonstrate knife skills, mixing, using the hob (boiling, and simmering), and draining to prepare and cook a Vegetable Pasta Bake.</p>	<p>Make a flavoursome Vegetable Pasta Bake. within the lesson timescales</p>	<p>safely to make Flapjacks.</p> <p>Learn about the function of cake making ingredients.</p> <p>Use the oven safely to make Mini Fruit Cakes.</p> <p>Know how to plan an innovative dish considering the specific needs of others; and apply their knowledge of ingredients and healthy eating.</p> <p>Combine ingredients to make the dough for Cheese Loaf.</p> <p>Evaluate the final project and final dish made.</p> <p>How to use sensory analysis and sensory descriptors.</p>	<p>Produce a creative fruit cake using additional ingredients.</p> <p>Create a novel dish suitable for a child's picnic.</p> <p>Create a workable and unique specification.</p> <p>Use additional ingredients: ham, feta cheese, olives, and tomatoes to create a unique take on Cheese Loaf.</p>		
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<u>Final composition/ Deliberate Practice:</u>		<u>Final composition/ Deliberate Practice:</u>		<u>Final composition/ Deliberate Practice:</u>	





<p><u>Adapted Curriculum Content:</u></p> <p>Prepopulated Eat Well Guide Eight government guidelines help sheet. Practical demonstrations embedded into curriculum. Vegetable Pasta Bake is practically linked to the Eat Well Guide and the Eight Government Guidelines.</p>	<p><u>Adapted Curriculum Content:</u></p> <p>Design and plan a picnic activity encourages creativity. Students produce pictures for design ideas. Function of cake making ingredients linked to practical on Mini Fruit Cakes</p>	<p><u>Adapted Curriculum Content:</u></p> <p>Design and plan a picnic activity encourages creativity. Students produce pictures for design ideas. Function of cake making ingredients linked to practical on Mini Fruit Cakes</p>
<p><u>Adaptive Implementation Practices:</u></p> <p>Pictorial practical step by step guides for practical. One to one support in practical Practical demonstrations Use of key words Teaching assistant support Scaffolding activities Use of dictionaries to support sensory descriptors.</p>	<p><u>Adaptive Implementation Practices:</u></p> <p>Pictorial practical step by step guides for practical. One to one support in practical Practical demonstrations Use of key words Teaching assistant support Scaffolding activities Use of dictionaries to support sensory descriptors.</p>	<p><u>Adaptive Implementation Practices:</u></p> <p>Pictorial practical step by step guides for practical. One to one support in practical Practical demonstrations Use of key words Teaching assistant support Scaffolding activities Use of dictionaries to support sensory descriptors.</p>



<u>Assessment/s (Formative and Summative):</u>	<u>Assessment/s (Formative and Summative):</u>	<u>Assessment/s (Formative and Summative):</u>
<ul style="list-style-type: none"> • Baseline Test at the start of the rotation in September of each rotation • End of Unit Test to take place at the end of the Advent term. • Practical assessment one -End of first half term. • Practical assessment 2 at the end of the advent term. 	<ul style="list-style-type: none"> • Baseline Test at the start of the new rotation. • The end of the Unit Test-at the end of each termly rotation. • Practical assessment one -End of first half term. • Practical assessment two at the end of the termly rotation. 	<ul style="list-style-type: none"> • Baseline Test at the start of the new rotation. • The end of the Unit Test-at the end of each termly rotation. • Practical assessment one -End of first half term. • Practical assessment two at the end of the termly rotation.



<p><u>Key Terms:</u></p> <p>Eight government guidelines Eat Well Guide The C's of Food hygiene Starchy Carbohydrates Fruit and Vegetables Food Diary</p>	<p><u>Key Vocabulary:</u></p> <p>Hygiene Safety Equipment Cooker Evaluation Weights Measures Cooker</p>	<p><u>Key Terms:</u></p> <p>Sensory analysis Sensory Descriptors Cake Making Design Brief Self-Evaluation Peer Evaluation Best before Use by date.</p>	<p><u>Key Vocabulary:</u></p> <p>Specification Taste Texture Appearance Aroma Function Annotate Shopping Budgeting</p>	<p><u>Key Terms:</u></p> <p>Sensory analysis Sensory Descriptors Cake Making Design Brief Self-Evaluation Peer Evaluation Best before Use by date.</p>	<p><u>Key Vocabulary:</u></p> <p>Specification Taste Texture Appearance Aroma Function Annotate Shopping Budgeting</p>
<p><u>Literacy/ Numeracy/ Cross-Curricular Links:</u></p> <p>Literacy-Reading recipes, booklet and from PowerPoint</p> <p>Numeracy-Weighing and measuring ingredients for practical tasks. The 'Eat Well Guide' the size of the different food groups represents a pie chart.</p> <p>Science-Heat transfer methods from using the various parts of the cooker.</p>		<p><u>Literacy/ Numeracy/ Cross-Curricular Links:</u></p> <p>Literacy-Producing a written specification.</p> <p>Numeracy-Costing picnic recipes using a formula.</p> <p>Science-Raising agents in cake making produces carbon dioxide gas that aerates cakes. Sugar reacts with heat during the process of Caramelization.</p> <p>Geography- International cuisine- foods made from other cultures like Egg Fried rice and Croque Monsieur.</p>		<p><u>Literacy/ Numeracy/ Cross-Curricular Links:</u></p> <p>Literacy-Producing a written specification.</p> <p>Numeracy-Costing picnic recipes using a formula.</p> <p>Science-Raising agents in cake making produces carbon dioxide gas that aerates cakes. Sugar reacts with heat during the process of Caramelization.</p> <p>Geography- International cuisine- foods made from other cultures like Egg Fried rice and Croque Monsieur.</p>	





<p><u>SMSC/ BV/ RSHE:</u></p> <ul style="list-style-type: none"> ✓ Students will peer assess each other's written and practical work and will give positive feedback. ✓ They will be encouraged to be kind and respectful. Students will cook and dine together to encourage teamwork and build positive relationships and interactions. ✓ Cooking nutritious and homemade food is an essential social and life skill. 	<p><u>SMSC/ BV/ RSHE:</u></p> <ul style="list-style-type: none"> ✓ Students will be given opportunities to experience traditional British dishes such as Pineapple Upside-down cake and Scotch Eggs. ✓ Students learn about healthy eating through the eight-government guidelines. ✓ The Eat Well Guide is a policy tool used to define government recommendations on eating healthily and achieving a balanced diet. ✓ Students will be encouraged to accept responsibility for their behavior and to understand how they can contribute positively to society. 	<p><u>SMSC/ BV/ RSHE:</u></p> <ul style="list-style-type: none"> ✓ Students will be given opportunities to experience traditional British dishes such as Pineapple Upside-down cake and Scotch Eggs. ✓ Students learn about healthy eating through the eight-government guidelines. ✓ The Eat Well Guide is a policy tool used to define government recommendations on eating healthily and achieving a balanced diet. <p>Students will be encouraged to accept responsibility for their behavior and to understand</p>



- ✓ How to use equipment safely, and health and safety at work.
- ✓ Students at both KS3 and KS4 are encouraged not to waste food ingredients.
- ✓ Use of multi-cultural ingredients; discovering the cuisines of different nationalities and cultures.



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