

Long Term Plan

KS3 Food Studies

	Autumn		Spring		Summer	
	1 st Half Term	2 nd Half Term	1 st Half Term	2 nd Half Term	1 st Half Term	2 nd Half Term
Year 7	<p>WELCOME TO FOOD</p> <p>I know that: hygiene and safety is important to being able to prepare and cook a range of dishes</p> <p>I know how: to be hygienic and safe e.g. washing hands, holding and using equipment appropriately, putting on an apron, different coloured chopping boards and using correct cooking skills</p> <p>I know when: to be safe and hygienic when preparing and cooking food e.g. sanitise work surfaces before food preparation</p>	<p>DIET & HEALTH / FOOD CHOICE</p> <p>I know that: a way to healthy eating is to follow the Eatwell Guide</p> <p>I know how: to make the good food choices by knowing the principles of the Eatwell Plate, how it relates to my diet, and identifying healthy ingredients when following a recipe</p> <p>I know when: to make appropriate food choices depending on time of day, occasion, and lifestyle</p>	<p>THE FOOD ROUTE</p> <p>I know that: food labels are important for dietary requirements and knowing about nutritional value</p> <p>I know how: to identify healthy and unhealthy foods through food labels and the traffic light system, and prepare and cook nutritional recipes</p> <p>I know when: I would look at food labels to help me choose healthy foods to eat and consider other people's different diets</p>	<p>BREAKFAST / HEALTHY EATING</p> <p>I know that: it is important to eat 5 A Day and to try different foods to express an opinion</p> <p>I know how: to prepare a range of healthy breakfast dishes using 5 A Day ingredients and new foods I have not tried before</p> <p>I know when: to make appropriate food decisions about what sort of breakfast to have depending on time, occasion, and complexity e.g. toast with banana on a weekday</p>	<p>FOOD ORIGINS / SHARING FOOD</p> <p>I know that: food comes from an animal or plant and how to share food</p> <p>I know how: plant and animal based foods relate to the Eatwell Plate and how to share food by cooking for others e.g. make a smoothie for a friend depending on their likes, dislikes and/or dietary requirements</p> <p>I know when: to prepare plant based or meat based foods depending on individual food preferences</p>	<p>SHOPPING / FOOD COMMODITIES</p> <p>I know that: shopping for food is a necessity and where food commodities originate from – grains, dairy, and meat</p> <p>I know how: to start shopping on the internet and begin to think about the cost of food and why particular food commodities cost more than others e.g. meat is more expensive than grains</p> <p>I know when: to use shopping skills by telling others about what to buy for a recipe of my own choice</p>

Long Term Plan

KS3 Food Studies

	Autumn		Spring		Summer	
	1 st Half Term	2 nd Half Term	1 st Half Term	2 nd Half Term	1 st Half Term	2 nd Half Term
Year 8	<p style="text-align: center;">THE DIET</p> <p>I know that: people around the world combine to make different meals and snacks called 'diet'.</p> <p>I know how: to identify, prepare, develop cooking skills associated with hot dishes, and cook a range of international recipes e.g. homemade hummus, tomato ragu sauce</p> <p>I know when: to use a variety of cooking skills according to the recipe and be able to prepare and cook meat and vegetarian based dishes according to different dietary requirements</p>	<p style="text-align: center;">EAT WELL</p> <p>I know that: understanding and describing the Eatwell Plate by knowing how much and what you should eat to remain healthy is important for physical well being</p> <p>I know how: to identify ingredients from recipes I have cooked will help me understand that we should eat a variety of different foods</p> <p>I know when: to make healthy food choices by identifying ingredients from the main food groups for a range of recipes</p>	<p style="text-align: center;">PLANNING TO COOK / INGREDIENTS</p> <p>I know that: when planning to cook it is important to select the most suitable ingredients, equipment, and food skills for successful results</p> <p>I know how: to appreciate that around the world people use a range of different ingredients and equipment, and cooking techniques, and to apply these cooking skills</p> <p>I know when: planning to cook, consideration should be given to people's cultural, religious and moral, medical requirements</p>	<p style="text-align: center;">COOKING FOR HEALTH 1</p> <p>I know that: there are a number of simple ways to prepare and cook healthier foods</p> <p>I know how: to plan and consider current healthy eating advice</p> <p>I know when: to apply healthy eating advice by the type of recipes I choose to prepare for myself and others</p>	<p style="text-align: center;">COOKING FOR HEALTH 2</p> <p>I know and understand that food packaging has basic nutritional information and that cooking techniques impacts healthy eating</p> <p>I know how: to use the nutritional information to make healthier choices and to prepare and cook a number of recipes to reflect these choices e.g. potato wedges using spray oil, grilling bacon as a healthier cooking technique</p> <p>I know when: to use alternative cooking techniques in my daily diet without extra cost</p>	<p style="text-align: center;">HYGIENE AND SAFETY – LABELS AND STORAGE</p> <p>I know that: buying, storing food, and understanding food labels are vital for health</p> <p>I know how: to store food correctly and within its date mark indicated on food labels to avoid food poisoning. To apply this knowledge when preparing and cooking a variety of recipes.</p> <p>I know when: to practice good food safety and hygiene habits in everyday life to avoid ill health</p>

Long Term Plan

KS3 Food Studies

	Autumn		Spring		Summer	
	1 st Half Term	2 nd Half Term	1 st Half Term	2 nd Half Term	1 st Half Term	2 nd Half Term
Year 9	<p>HEALTHY EATING - ENERGY</p> <p>I know that: to be active and healthy, food is needed to provide energy for the body</p> <p>I know how: different types of food provides different levels of energy. I know how to prepare and cook a range of carbohydrate based recipes e.g. baking bread</p> <p>I know when: to prepare and cook carbohydrates to provide the most energy appropriate to my daily life e.g. to exercise</p>	<p>NUTRIENTS</p> <p>I know that: a balanced diet is about a variety of foods containing different substances that are needed for health</p> <p>I know how: different foods offer different nutrients e.g. fibre, and to understand the nutritional benefits of a variety of recipes during preparation and cooking of these dishes</p> <p>I know when: to eat a varied and consistent nutritional diet</p>	<p>DIGESTION</p> <p>I know that: the nutrients provided by your diet is released through the digestion process.</p> <p>I know how: some foods are easier to digest than other by cooking healthier alternatives e.g. cook a healthier cooked breakfast and understand that greasy food is difficult to digest</p> <p>I know when: to maintain a healthy digestive system by eating the correct foods</p>	<p>HYGIENE + SAFETY</p> <p>I know that: buying, storing, preparing, and cooking food safely and hygienically are vital for health</p> <p>I know how: to demonstrate a range of cooking skills and demonstrate safe and hygienic practice by using high risk foods e.g. eggs and fish</p> <p>I know when: to apply hygiene and safety rules consistently for my own and other people's safety</p>	<p>FEBRUARY FIBRE</p> <p>I know that: fibre is important in a diet</p> <p>I know how: fibre is found in food, effects the digestive system and keeps the body healthy. I know how to cook recipes with ingredients containing fibre</p> <p>I know when: to be aware of fibre content in ingredients and foods for a healthy lifestyle</p>	<p>PROTEIN: FANTASTIC FISH</p> <p>I know that: fish is a protein and its nutritional benefits</p> <p>I know how: to prepare and cook a variety of fish recipes, demonstrate a range of cooking skills and hygienic practice when handling fish. To cook vegetarian protein based recipes</p> <p>I know when: and how to cook simple protein based recipes regularly as part of a balanced diet</p>