

**Intent:**

- To promote health awareness.
- To increase independence (preparation methods and following a recipe)
- To prepare and produce a wide range of sweet and savoury dishes
- Encourage pupils to start evaluating their own work

**KEY WORDS:** Healthy, unhealthy, eat well, safe, unsafe, hygiene, cross contamination, germs, bacteria, boiling, sweet, savoury, clean, unclean, washing up, preparation, festivities, residential

Term	Week/s	Topic/Theme <i>Steam</i>	Learning Objective/s Knowledge and Skills To know, to use, to apply...	Literacy Link Numeracy Link SMSC Link Gatsby Benchmark
Autumn (1) 8 weeks	1-3	Eat well plate	<p><b>Learning Objectives</b></p> <p>-To use the basic principles of a healthy and varied diet to prepare dishes</p> <p><b>Knowledge and Skills</b></p> <p>-To name and sort foods into the 5 groups in the Eat Well plate.</p> <p>-Transfer this knowledge during snack and lunch times.</p>	Gatsby Benchmark (8)
	4-6	Health and Safety in the Food Tec room	<p><b>Learning Objectives</b></p> <p>-To identify and follow at least 5 basic rules.</p> <p>-To be able to answer 'why' these rules are put in place.</p> <p>-To begin to develop their awareness of hygiene and cross contamination.</p> <p><b>Knowledge and Skills</b></p> <p>-Listening and following instructions</p> <p>-To have an awareness and understanding of being 'safe'</p>	<b>Literacy:</b> Reading and following instructions
	7-8	Preparation method: Boiling	<p><b>Learning Objectives</b></p> <p>-To recognise the term 'preparation'.</p> <p>-To understand the term 'boiling'.</p> <p><b>Knowledge and Skills</b></p> <p>-To recognise and put into practice preparation method: boiling</p> <p>-To recognise preparation methods used in previous weeks.</p>	<b>Numeracy:</b> Timing ingredients to boil
Autumn (2) 7 Weeks	1-3	Germs and Bacteria	<p><b>Learning Objectives</b></p> <p>-To know what germs and bacteria are.</p> <p>-To recognise ways in which germs and bacteria can find their way into our food and kitchen (not washing hands, etc.).</p> <p>-To begin to research how food outlets keep germs and bacteria out of the food we eat.</p> <p><b>Knowledge and Skills</b></p> <p>-To know how to wash hands and begin to know how to load the washing machine.</p> <p>-Research food outlets.</p>	Gatsby Benchmark: 4
	4-7	Festivities	<p><b>Learning Objectives</b></p> <p>-To recall festive recipes</p> <p>-To recognise differences and similarities between</p>	

			<p>food festivities throughout the world.</p> <p><b>Knowledge and Skills</b></p> <ul style="list-style-type: none"> <li>-Follow simple recipes</li> <li>-Recall key events in the year (Easter, Christmas, etc.)</li> </ul>	
<p><b>Spring (1)</b> 6 Weeks</p>	1-6	Sweet V Savoury	<p><b>Learning Objectives</b></p> <ul style="list-style-type: none"> <li>-To recognise and understand the term 'sweet'.</li> <li>-To recognise and understand the term 'savoury'.</li> <li>-To recognise the different preparation methods used for sweet and savoury foods.</li> </ul> <p><b>Knowledge and Skills</b></p> <ul style="list-style-type: none"> <li>-To recognise recipes that are sweet and savoury.</li> <li>-To be able to say which they prefer (sweet/savoury).</li> </ul>	
<p><b>Spring (2)</b> 5 Weeks</p>	1-3	Washing up and preparing the work space	<p><b>Learning Objectives</b></p> <ul style="list-style-type: none"> <li>-To follow instructions on washing up</li> <li>-To gather at least 2 pieces of equipment needed to prepare the chosen dish.</li> <li>-To begin to independently weigh out ingredients needed for the chosen dish.</li> </ul> <p><b>Knowledge and Skills</b></p> <ul style="list-style-type: none"> <li>-Know where equipment and resources are kept in the food technology room.</li> <li>-Know some preparation methods needed to prepare food dishes.</li> </ul>	Gatsby Benchmark: 4
	4-5	Preparation method: Grating	<p><b>Learning Objectives</b></p> <ul style="list-style-type: none"> <li>-To know the term 'grate'.</li> <li>-To know the piece of equipment needed to grate ingredients.</li> </ul> <p><b>Knowledge and Skills</b></p> <ul style="list-style-type: none"> <li>-To be able to locate graters.</li> <li>-To correctly wash graters and ensure they are fully clean before putting them away.</li> <li>-To recognise different sides of the grater</li> </ul>	
<p><b>Summer (1)</b> 7 Weeks Cooking outside</p>	1-7	Cooking on residential	<p><b>Learning Objectives</b></p> <ul style="list-style-type: none"> <li>-To research the type of food eaten on residential (BBQ, Packed lunches, etc.)</li> <li>-To cook and prepare food used for residential.</li> </ul> <p><b>Knowledge and Skills</b></p> <ul style="list-style-type: none"> <li>-To know what happens on residential trips.</li> <li>-To know the food dishes commonly used for residential trips.</li> </ul>	

**Intended impact:**  
**Explain how the above will ensure pupils are ready for their next year**  
 To prepare students for KS3 cooking. For students to combine all their skills, knowledge and understanding taught throughout Lower School and combine together and implement into their practical and written work. To encourage confidence and independence and instil an interest in their lifestyle and diet. Some units will also cover topics such as 'outdoor cooking' and 'packed lunches'. This is in preparation for Upper School residential visits.