

Long Term Curriculum Plan

Subject – Preparation for adulthood - Cooking

Lessons per week Key Stage 3:	1
Lessons per week Key Stage 4:	1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	<p>Breakfasts</p> <p>Skills: <i>bake, boil and scramble an egg, fry, whisk, chop, blend</i></p> <p>Context/Knowledge: Breakfast is often called 'the most important meal of the day', and for good reason. As the name suggests, breakfast breaks the overnight fasting period. It replenishes your supply of glucose to boost your energy levels and alertness, while also providing other essential nutrients required for good health.</p> <p>Keywords:</p>	<p>Themed party food (Halloween, thanksgiving and Christmas)</p> <p>Skills: <i>bite, pick, chop, bake, slice, decorate, adorn</i></p> <p>Context/Knowledge: <i>Christmas</i> is the annual Christian festival celebrating Christ's birth, held on 25 December in the Western Church. Halloween is the night of 31 October, the eve of All Saints' Day, often celebrated by children dressing up in frightening masks and costumes. Thanksgiving is an</p>	<p>Chinese New Year</p> <p>Skills: <i>stir-Frying. Deep-Frying, deep-frying, steaming, boiling, roasting, braising.</i></p> <p>Context/Knowledge: The New Year celebration is centred around removing the bad and the old and welcoming the new and the good. It's a time to worship ancestors, exorcise evil spirits and pray for good harvest. Today it's celebrated also by Chinese communities outside the country.</p> <p>Keywords: <i>firecracker, dumpling, lantern, dragon,</i></p>	<p>Catering for dietary requirements</p> <p>Skills: <i>make, whisk, whip, prep, chop, arrange, bake, roast, plan, separate, adjust</i></p> <p>Context/Knowledge: There are many reasons for dietary constraints, and they differ from person to person.</p> <p>Keywords: <i>Allergy, medical, health, dietary, religious, requirement, inclusive</i></p> <p>Suggested recipes:</p>	<p>All things British</p> <p>Skills: <i>chop, boil, cook, make, roast, fry, wash</i></p> <p>Context/Knowledge: Beyond Fish and Chips and pies that aren't really pies, it's sometimes hard to nail down exactly what British food is. UK cuisine is an expedition through history. Its hearty and comforting style was born out of necessity when meat was scarce and the weather bone-numbing cold.</p>	<p>Outdoor cooking</p> <p>Skills: <i>cooking in a can, cooking on a flame, cooking in the embers, campfire cooking techniques, things to cook over a fire on a stick, safety tips</i></p> <p>Context/Knowledge: There's something magical about sharing a meal with friends and family at the campsite, seated around a roaring fire. It's even better to enjoy it with the satisfaction of knowing you cooked it. Campfire cooking isn't too different from</p>

	<p>Healthy, breakfast, quick, satisfying, nutritional</p> <p>Suggested recipes:</p> <ul style="list-style-type: none"> • Egg based breakfasts • Why is breakfast important? • Fruit salad • Fruit smoothie • Pancakes – sweet and savoury • Full english • Continental (focus of pastries) • Oat based breakfasts (flapjack and baked oats) 	<p>annual national holiday marked by religious observances and a traditional meal. The holiday commemorates a harvest festival celebrated by the Pilgrim Fathers in 1621 and is held in the US on the fourth Thursday in November. all of these are occasions where families and friends meet for social gatherings and enjoy 'party food'</p> <p>Keywords: Christmas, Halloween, thanksgiving, party, celebration, finger food</p> <p>Suggested recipes:</p> <ul style="list-style-type: none"> • Toffee apples • Jamoncillo de Leche (Milk Fudge) • Banoffee pie • Pumpkin pie • Pigs in blankets • Stuffing balls • Gingerbread • Christmas cake 	<p>sheep, new moon, money tree, luck, new year.</p> <p>Suggested recipes:</p> <ul style="list-style-type: none"> • Spring rolls • Sweet and sour • Egg fried rice • Chicken and sweetcorn soup • Stir fry • Duck pancakes • Summer rolls • Black bean sauce • Chinese chicken curry 	<ul style="list-style-type: none"> • Food allergies and intolerances — such as dairy free, fish and shellfish allergies, nut free and gluten free • Special dietary requirements — vegetarian, vegans and pregnancy • Religious reasons — halal 	<p>Keywords: British, traditional, warmth, filling, hearty, banger</p> <p>Suggested recipes:</p> <ul style="list-style-type: none"> • Toad in the hole • Trifle • Sticky toffee pudding • Summer pudding • Yorkshire puddings and gravy • Scotch eggs • Fish and chips • Fruit crumble • Steak and kidney pie • Pea and ham soup • Pease pudding • Bangers and mash 	<p>cooking in your home kitchen in some ways.</p> <p>Keywords: camping, camp fire, outdoors, nature</p> <p>Suggested recipes:</p> <ul style="list-style-type: none"> • Burgers • BBQ banoffee splits • Chicken tzatziki skewers • Tin foil jackets • Campfire pizza cone • Campfire stew • Campfire brownies • Smoires • Grilled corn • Kebabs • Walking tacos
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Design and technology is an inspiring, rigorous and practical subject. Using creativity and imagination, pupils design and make products that solve real and relevant problems within a variety of contexts, considering their own and others' needs, wants and values. They acquire a broad range of subject knowledge and draw on disciplines such as mathematics, science, engineering, computing and art. Pupils learn how to take risks, becoming resourceful, innovative, enterprising and capable citizens. Through the evaluation of past and present design and technology, they develop a critical understanding of its impact on daily life and the wider world. High-quality design and technology education makes an essential contribution to the creativity, culture, wealth and well-being of the nation.

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

By the end of KS3, a pupil in food and nutrition will be able to:

- understand and apply the principles of nutrition and health
- cook a repertoire of predominantly savoury dishes so that they can 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]
- understand the source, seasonality and characteristics of a broad range of ingredients.