

The Henslow School Annual Planning 2024 – 2025.

Course subject content/qualification	KS3 Food Technology
Year group/Class information	Year 7-9
Number of lessons per week	3

Term	Topics and Content to be Covered.
Autumn 1 –2 (Sept-Nov)	<p>Unit 1 Introduction to kitchen over Breakfast</p> <p>Understanding kitchen procedures. Practising safe personal and food hygiene. Basic Nutrition. Understanding the importance of a healthy diet. Investigating a range of breakfast ingredients and different ways to use them.</p> <p>Dishes will include: Nori rolls, breakfast muffins, Croque Monsieur, bacon breakfast cups and Shakshuka.</p>
Autumn 2 (Nov-Dec)	<p>Unit 2 Festive Cooking</p> <p>Understanding Seasonal foods and developing festive ideas. Understanding and investigating the Function of ingredients: Flour and Butter Presentation of food and decoration. Practise Combining flavours Food as an act of sharing and fostering a sense of community through preparation, cooking, sharing a meal and gifting.</p> <p>Dishes will include: Pumpkin soup, seasonal vegetables and Christmas flavours.</p>
Spring 1 (Jan-Feb)	<p>Unit 3 The Global Table</p> <p>Preparing and cooking vegetables. Using a range of cooking methods. Investigating spices and flavours. Exploring meals from different cuisines and cultures. Nutrition – balanced meal (Eatwell plate). Independence – budgeting, economising, maintaining a kitchen.</p> <p>Dishes will include: stir-fries, curries, noodles, rice and sauces.</p>
Spring 2 (March- April)	<p>Unit 4 Staple Foods</p> <p>Spring foods, celebrations and sharing foods through religious festivals. Role of staple grains around the world. Feeding the global community. Sustainable farming. Food production – farm to fork.</p> <p>Dishes will include: Breads, pasta, rice and corn.</p>
Summer 1 (April-May)	<p>Unit 5 Lunch Ideas</p> <p>Safe food handling and storage. Nutritional Requirements. Sugar and fat content of foods. Packaging and processed food production. Incorporating fruit and veg into lunch.</p> <p>Dishes will include: packed lunches, sandwiches and homemade cold foods.</p>
Summer 2 (June – July)	<p>Unit 6 Summer Foods</p> <p>Health & Safety – cooking food properly. Using fresh fruits and vegetables. Nutrition – health and exercise. Combining ingredients and flavours.</p> <p>Dishes will include: salads and dressings, safe BBQ cooking, smoothies and frozen food products.</p>