

Medium Term Planning Sheet: Secondary 2025-26

Class: KS3

Teacher: Amy Ward



This scheme of work has been developed to enable pupils of mixed ages to learn where food comes from, how to cook a range of dishes safely and hygienically and to apply their knowledge of healthy eating. The pupils at Rowhill engage in more practical tasks and therefore the focus of their learning is more on life skills and ensuring that they can cook healthily and for others with an emphasis on savoury products.

Aims

Pupils will develop their knowledge and understanding of ingredients and healthy eating;

Pupils will develop a wide variety of food preparation and cooking techniques;

Pupils will develop their knowledge of consumer food and drink choice;

Pupils will be able to apply their knowledge to make informed choices;

Pupils will develop the creative, technical and practical expertise needed to perform everyday tasks confidently;

Pupils will evaluate and test their product and the work of others.

PRIOR LEARNING

Pupils will build on the learning in Year 7 Design and Technology. Knowledge and skills include:

- The Eatwell Guide and the 8 tips for healthy eating; using and adapting recipes; using appropriate ingredients and equipment to prepare and cook a range of dishes; source, seasonality and characteristics of a range of ingredients.
- Developing the knowledge, understanding and gain skills needed to with confidence to cook meals at home

TERM 1

Multicultural foods

Wk	Learning Objective	Resources	Homework	Skills gained	Link to other curriculum areas	Success Criteria
1	To develop my understanding of hygiene and safety. Hygiene in food industry.	Ingredients Cooking equipment Recipe ppt Recipe print outs	Understand how to conduct sensory analysis.	Hygiene and safety. Food presentation	<ul style="list-style-type: none"> • Food Science • Art • Maths- weighing and measuring 	A- identify 3-4 hygiene and safety rules- make and edible food product M- identify 5-7 hygiene and safety rules- make and edible food product and select correct equipment S- identify 8 or more hygiene and safety rules, select correct

						equipment and make a food product independently
2	To understand the importance of eating vegetables and the value of good nutrition	(1) Design Sheets (2) Recipe and ingredients		Weighing, measuring, boiling, peeling, claw and bridge hold, dicing	<ul style="list-style-type: none"> • Food Science • Maths-weighing and measuring 	<p>A-generate 3-4 recipe modifications -make a rice based dish</p> <p>M-generate 5-7 recipe modifications, make a rice based dish and select correct equipment and weigh ingredients with help</p> <p>S-generate 8+ recipe modifications, select correct equipment and weigh ingredients independently</p>
3	To develop basic skills and understand how appearance plays a major part on what people eat.	Recipe and ingredients	Scales of production, including mass & batch.	Weighing, measuring, mixing, peeling, claw and bridge hold, julienne, slicing, knife skills	<ul style="list-style-type: none"> • Food Science • Maths-weighing and measuring • Art and design 	<p>A-generate 3-4 ideas why we eat out</p> <p>M-generate 5- ideas why we eat out , make a pasta based dish and select correct equipment and weigh ingredients with help</p> <p>S-generate 8+ ideas why we eat out , select correct equipment and weigh ingredients independently</p>
4	To Understand the negative aspect of fast food.	Recipe and ingredients Evaluation sheets Recipe ppt		Weighing, measuring, knife skills, slicing, using blender, using grill, even distribution.	<ul style="list-style-type: none"> • PSCH • Food Science • Maths-weighing and measuring • Art and design 	<p>A-work hygienically and safely during a practical. Understand the negatives from fast food</p> <p>M- work hygienically and safely during a practical and select correct</p>

					<ul style="list-style-type: none"> • PE 	<p>equipment . Give suggestions of how to make fast food healthier</p> <p>S- work hygienically and safely during a practical , select correct equipment independently. State the implications that can be caused through eating too much fast food.(salt + fat content)</p>
5	To develop my bread making skills to produce a bread dessert.	<ul style="list-style-type: none"> • British food w/s worksheet • Recipe and ingredients • Recipe ppt • Evaluation w/sheets 	Understand how to create flow charts for recipes.	Knife skills, rubbing in method, slicing, grating portioning	<ul style="list-style-type: none"> • PSCH • Food Science • British values • Maths-weighing and measuring • Art and design 	<p>A-identify 3-4 hygiene and safety rules- make and edible food product</p> <p>M- identify 5-7 hygiene and safety rules- make and edible food product and select correct equipment</p> <p>S- identify 8 or more hygiene and safety rules, select correct equipment and make a food product independently</p>
6	To understand how foods from other countries influence popular dishes.	<ul style="list-style-type: none"> • Moroccan food worksheet • Recipe and ingredients • Recipe ppt • Evaluation w/sheets 		Knife skills, slicing, cooking pasta, boiling, using the oven, skewers	<ul style="list-style-type: none"> • PSCH • Food Science • Maths-weighing and measuring • Art and design • Geography 	<p>A-simply labelled design ideas</p> <p>M- weight ingredient labelled designs, well organised practical and select correct equipment</p> <p>S-thoroughly labelled designs that include prep skill, know when pasta is cooked without asking for help</p>

7	To learn how rice can be used in a variety of ways, and in a variety of dishes. Focus on rice in international cooking	<ul style="list-style-type: none"> • Recipe and ingredients • Recipe ppt • Evaluation w/sheets 	Computer Aided Design (CAD) in food technology.	All in one method, weighing, measuring, baking	<ul style="list-style-type: none"> • Food Science • Maths-weighing and measuring • Art and design • Geography 	<p>A-weigh, select ingredients independently</p> <p>M- weigh, select ingredients and equipment independently</p> <p>S- will garnish for presentation</p>
8	To explore difference between spices and herbs.	(1) Turkish food worksheet (2) Recipe and ingredients		Knife skills, peeling, slicing, cooking meat or alternative, use hob and grill.	<ul style="list-style-type: none"> • Maths-weighing and measuring • Art and design • Geography 	<p>A-know what types of food come from Turkey</p> <p>M- will be able to name spices and herbs from Indian food</p> <p>S- will cook rice to accompany their curry dish</p>

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TERM 2						
Multicultural foods						
Wk	Learning Objective	Resources	Homework	Skills gained	PoS	Success Criteria
9	To explore Moroccan food.	(1) Mexican food worksheet (2) Recipe and ingredients	The use of spices in cooking.	Knife skills, peeling, slicing, cooking meat or alternative, use hob.	<ul style="list-style-type: none"> • Food Science • Maths-weighing and measuring • Art and design • geography • Literacy 	<p>A-know what types of food come from Mexico</p> <p>M- will be able to name spices and herbs from Mexican food</p> <p>S- will garnish their dish for presentation</p>
10	To Develop knowledge of staple foods in the diet.	(1) Rice worksheet Facts (2) Recipe and ingredients		Measuring, rubbing in method, making dough, shaping dough, preparation of filling, use oven.	<ul style="list-style-type: none"> • Food Science • Maths-weighing and measuring • Art and design • Geography • Literacy 	<p>A-make a rice dish</p> <p>M-weigh accurately and not over work pastry</p> <p>S- weigh accurately and not over work pastry, roll out and shape independently</p>
11	To practise and extend my bread making skill.	(1) bread making worksheet from around the world (2) Recipe and ingredients	Pastry worksheet.	Measuring, rubbing in method, making dough, shaping dough, preparation of filling, use oven.	<ul style="list-style-type: none"> • Food Science • Maths-weighing and measuring • Art and design • geography • Literacy 	<p>A-generate 2-3 ideas for pastry fillings, make sausage rolls</p> <p>M-will generate 4-6 ideas for pastry fillings, select equipment and weigh ingredients</p> <p>S- will generate 7 + filling ideas, make sausage rolls independently following a recipe</p>

12	To explore hygiene and food poisoning causes.	<p>(1) Hygiene and food poisoning worksheets</p> <ul style="list-style-type: none"> • Recipe and ingredients • Recipe ppt • Evaluation w/sheets 		Measuring, weighing, baking, handling meat.	<ul style="list-style-type: none"> • Food Science • Maths-weighing and measuring • Art and design • Geography • Literacy 	<p>A-design a new pastry product with simple labels and make with help</p> <p>M- design a new pastry product with descriptive labels, weigh ingredients and make with help</p> <p>S- design a new pastry product with detailed labelling and colouring, weigh ingredients and make with help</p>
13	To further explore varieties of breads.	<p>(1) Dishes with bread</p> <p>(2) Recipe and ingredients</p> <ul style="list-style-type: none"> • Recipe and ingredients • Recipe ppt • Evaluation w/sheets 	Understanding the use of standard components.	Measuring, weighing, rolling a wrap	<ul style="list-style-type: none"> • Food Science • Maths-weighing and measuring • Art and design • Geography • Literacy • ICT 	<p>A-understand what a standard component is</p> <p>M-explain how a standard component can be used</p> <p>S- explain the advantages and disadvantages of using standard components are</p>
14	To understand the importance of temperature control.	<p>(1) Temperature control worksheet</p> <p>(2) Recipe and ingredients</p> <p>(3) Method planning sheets</p> <p>(4) Design templates</p>		Making a dressing, weighing, baking, knife skills, measuring	<ul style="list-style-type: none"> • Food Science • Maths-weighing and measuring • Art and design • Geography • Literacy <p>ICT</p>	<p>A-plan the making of their product</p> <p>M-plan the making of their product with hygiene points</p> <p>S- plan the making of their product with hygiene and safety points</p>

15	To understand how to use up leftovers and making a cheap economical dishes.	(1) Preservation worksheet (2) Recipe and ingredients (3) Shopping list (4) Design templates (5) end of unit test (6) Assessment criteria	Methods of preservation.	Weighing, measuring, cooking rice. Boiling, simmering	<ul style="list-style-type: none"> Food Science Maths-weighing and measuring 	
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KS3 - Food Technology Term 3

Wk	Learning Objective	Resources	Homework	Skills gained	Curriculum links	Success Criteria
16	To develop my understanding of food from other countries.	<ul style="list-style-type: none"> Evaluation ws Recipe ingredients Recipe ppt Cooking equipment 	Pastry Worksheet	Weighing, measuring, knife skills evenly distributing ingredients, boiling, frying, simmering	<ul style="list-style-type: none"> Food Science Maths-weighing and measuring Art and design Geography Literacy ICT 	A-explain what preservation of food is M- explain why preservation of food has made it easier for a busy lifestyle S- give some advantages and disadvantages of preserving foods
17	To develop my understanding of food from other countries.	<ul style="list-style-type: none"> Bacteria worksheet food poisoning video Evaluation ws Recipe ingredients Recipe ppt Cooking equipment 		Weighing, measuring, knife skills, boiling, simmering, using hob	<ul style="list-style-type: none"> Food Science Maths-weighing and measuring Art and design Geography Literacy ICT 	A-explain how a person might feel if they have food poisoning M-give 2 reasons why food poisoning happens S-give 3-4 reasons why bacteria grows on food and what it needs
18	To extend my understanding of the HACCP process in food manufacture.	<ul style="list-style-type: none"> HACCP worksheet Evaluation ws Recipe ingredients Recipe ppt Cooking equipment 	HACCP procedure in food manufacture.	Weighing, measuring, pasta cooking, frying, simmering, boiling, ingredient use, evenly use of hob	<ul style="list-style-type: none"> Food Science Maths-weighing and measuring Art and design 	A-understand the importance of planning and risk assessment M-be able to identify two cautions that should be taken in a

					<ul style="list-style-type: none"> • Geography • Literacy • ICT 	practical that they have planned S -understand what HACCP stands for and its importance
18	To develop my understanding of food from other countries.	<p>(1) How to adapt your recipe</p> <ul style="list-style-type: none"> • Evaluation ws • Recipe • ingredients • Recipe ppt • Cooking equipment 	HACCP plan of making for your macaroni cheese	Weighing, measuring, using the hob, making a sauce using the all in one method	<ul style="list-style-type: none"> • Food Science • Maths-weighing and measuring • Art and design • Geography • PSCH • Literacy • ICT 	<p>A- Explain what foods are traditionally eaten in Italy</p> <p>B- name to regions of Italy</p> <p>C- name 2 regions of Italy dishes from that region too</p>
19	<p>To develop my understanding of food from other countries -</p> <p>To explore additives in pasta sauces</p>	<p>(1) types of pasta</p> <ul style="list-style-type: none"> • Evaluation ws • Recipe • ingredients • Recipe ppt • Cooking equipment 	HACCP plan of making for your pasta bake	Additives and ADHD	<ul style="list-style-type: none"> • Food Science • Maths-weighing and measuring • Art and design • Geography • Literacy • ICT 	<p>A- that E numbers can cause allergic reactions</p> <p>M- identify food additives from a food label</p> <p>S-will explain how to store and wrap their bread products</p>
20	To understand how to economise when food shopping.	<ul style="list-style-type: none"> • How to economise your recipe w/s • 		Wise food shopping.	<ul style="list-style-type: none"> • Food Science • Maths-weighing and measuring • Art and design • Geography • Literacy • ICT 	<p>A -Give 1 option</p> <p>M- give 2 options</p> <p>S-give 4 options of how to make what you have made cheaper</p>

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KS3 Food Technology Term 4						
Wk	Learning Objective	Resources	Homework	Skills gained	Curriculum links	Success Criteria
21	To develop my understanding why and how to eat less fat.	(1) Fat worksheets. How to adapt your recipe	Write a food diary of all the food you have eaten in one day.	Weighing, measuring, baking	<ul style="list-style-type: none"> • Food Science • Maths-weighing and measuring • Art and design • Geography • Literacy • ICT 	A -Understand and explain why we need to eat less fat M - give examples of foods high in fat S -explain what illnesses can occur due to a high fat diet
22	To develop my understanding why and how to eat less sugar and use leftovers	(1) Sugar worksheets. (2) Recipe and ingredients		Weighing, measuring, fruit prep, using oven.	<ul style="list-style-type: none"> • Food Science • Maths-weighing and measuring • Art and design • Geography • Literacy • ICT 	A -Understand and explain why we need to eat less sugar M - give examples of foods high in sugar S -explain what illnesses can occur due to a high sugar diet
23	To understand why and how to eat more fibre.	(1) Fibre worksheets. (2) Recipe and ingredients	Understanding where to shop and how to plan a shopping trip.	Weighing, measuring, soup making, knife skills, simmering, boiling, blending	<ul style="list-style-type: none"> • Food Science • Maths-weighing and measuring • Art and design • Geography 	A -Understand and explain why we need to eat more fibre M - give examples of foods high in fibre S -explain what illnesses can occur due to a low fibre diet

	Learning Objective	Resources	Homework	Skills gained	Curriculum links	Success Criteria
24	To explore and understand what different types of pastry there is.	(1) Pastry ws (2) Recipe and ingredients	Research pastry products from around the world	Weighing, measuring, shortcrust pastry skills	<ul style="list-style-type: none"> • Food Science • Maths-weighing and measuring • Art and design • Geography • Literacy • ICT 	<p>A - name 2 types of pastry</p> <p>B- describe the textures and use of 2 types of pastry</p> <p>C- to name all 4 types of pastry and offer examples of their uses</p>
25	To explore and identify different types of pastry - Shortcrust sweet pastry and coagulation	(1) egg ws (2) Recipe and ingredients	How to make use of seasonal and local produce. Where food comes from.	Weighing, measuring, pastry skills, make a custard	<ul style="list-style-type: none"> • Food Science • Maths-weighing and measuring • Art and design • Geography • Literacy • ICT 	<p>A- Explain when you would use a sweet shortcrust pastry</p> <p>B- to explain what ingredient causes coagulation</p> <p>C- give example at at least 3 recipes to show coagulation</p>

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KS3 Food Technology Term 5

Wk	Learning Objective	Resources	Homework	Skills gained	PoS	Success Criteria
26	To investigate Japanese food and use healthy cooking methods	(1) healthy cooking methods (2) Recipe and ingredients	Research a Japanese recipe	Knife skills, weighing, measuring, working with filo pastry, use hob, mixing ingredients.	<ul style="list-style-type: none"> • Food Science • Maths-weighing and measuring • Art and design • Geography • Literacy • ICT 	A- Explain how to use filo pastry B- to be able to give several examples of alternative fillings C- create an HACCP plan of making
27	To investigate traditional French food and cereals	(1) Cereals worksheets. (2) Recipe and ingredients	How to budget. Value for money and how to make informed choices.	Weighing, measuring pastry skills	<ul style="list-style-type: none"> • Food Science • Maths-weighing and measuring • Art and design • Geography • Literacy • ICT 	A- be able to show how to blind bake a pastry product and explain why necessary B- to be able to give several examples of alternative fillings C- produce a costing plan or a quiche recipe
28	To identify convenience foods and list at least 4.	(1) Convenience food worksheets. (2) Recipe and ingredients		Weighing, measuring, using standard components- puff pastry	<ul style="list-style-type: none"> • Food Science • Maths-weighing and measuring 	A- Explain what a convenience food is B- to be able to give several examples of

					<ul style="list-style-type: none"> • Art and design • Geography • Literacy 	when to use a convenience food C- explain why convenience foods can be bad for your health
29	To understand and interpret what's on a food label.	(1) Labelling worksheets. (2) Recipe and ingredients	Design a package for your designer cookies that you will make next lesson.	Weighing, measuring, using readymade pastry, shaping, dividing, using oven.	<ul style="list-style-type: none"> • Food Science • Maths-weighing and measuring • Art and design • Geography • Literacy • ICT 	A- name the 2 main info found on a food product B- name the 4 info found on a food product and what the traffic light system tells us C- explain what information must go on to a food label by law
30	To explore and understand how food is packaged.	(1) Packaging worksheets. (2) Recipe and ingredients		Weighing, measuring, wider ingredient use, bread making forming dough, shaping, dividing, using oven.	<ul style="list-style-type: none"> • Food Science • Maths-weighing and measuring • Art and design • Geography • Literacy • ICT 	A- Explain what materials can be used to package food products B- to be able to give the properties of 2 of the packaging materials C- explain why packaging can add to the cost of a product

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	Learning Objective	Resources	Homework	Skills gained	Cross curric	Succ
31	To explore cereals as a staple food.	(1) Cereals worksheets. (2) Recipe and ingredients	How to budget. Value for money and how to make informed choices.	Weighing, measuring (oats, sugar, syrup), use hob, melting method, combining, use oven.	<ul style="list-style-type: none"> • Food Science • Maths-weighing and measuring • Art and design • Geography • Literacy ICT	A- Explain what cereals are and name 3 types B- what value has cereal in the diet materials C- explain why packaging can add to the cost of a product
32	To understand and explain how bread rises without yeast.	(1) HACCP recipe planning sheet (2) Recipe and ingredients	Research sour dough method	Wise food shopping, labelling, budgeting.	<ul style="list-style-type: none"> • Food Science • Maths-weighing and measuring • Art and design • Geography • Literacy ICT	A- Explain what ingredient makes bread rise in soda bread B- explain where soda bread comes from and why it was originally made C- explain why soda bread is quicker to make than traditional bread
33	To explore and understand that all around the world different breads are connected to certain religions.	(1) breads and religion around the world worksheets. (2) Recipe and ingredients	Choose a bread to find out about in more detail	Weighing, measuring, rubbing-in method, forming dough, shaping, dividing, using oven.	<ul style="list-style-type: none"> • Food Science • Maths-weighing and measuring • Art and design • Geography • Literacy ICT	A- Explain what country and main religion eat Naan bread traditionally B- name what religion is connected to naan C- to be able to connect other food

						symbolically to religions
34	To understand how to store foods and read date marks correctly.	(1) egg dishes worksheets. (2) Recipe and ingredients	Storing food, thinking about places to store, shelf life and date marks	Weighing, measuring, wider ingredient use, rubbing-in method, forming dough, shaping, dividing, using oven.	<ul style="list-style-type: none"> • 2c, 2e, 2h, 3f, 3g, 3h, 1.3c Food Science • Maths-weighing and measuring • Art and design • Geography • Literacy ICT	A -Where to store foods to keep them fresh M -be able to explain 1 way shelf life can be extended S - will know why food manufacturers want to extend shelf life
35	To develop my understanding of the importance of breakfast	(1) importance of breakfast and breakfast plan worksheets. (2) Healthy unhealthy card sort (2) Recipe and ingredients	.	Weighing, measuring, rubbing in, forming a dough, shaping, separating, use oven.	2c, 2e, 2h, 3f, 3g	A -plan a healthy breakfast B - relate the breakfast to the eat well plate C - make comparisons between healthy and not healthy breakfast
36	To develop my creaming skills.	(1) creaming method worksheets. (2) Recipe and ingredients		Weighing, measuring, creaming method, use oven.	2c, 2e, 2h, 3f, 3g	A - Explain what the creaming method is B - explain what texture cake is derived from a creamed mixture C - identify a recipe that uses the creamed method and compare to what you have made
37	To explore the uses of leftover bread.	(1) Left-overs worksheets. (2) Recipe and ingredients	Design a healthy, balanced meal around the leftovers in your home.	Weighing, measuring, , use oven, wider ingredient use.	2c, 2e, 2h, 3f, 3g	A - Explain why should we use leftovers

						B- name 2 dishes that can be made from leftovers C- name and cost a leftovers recipe
38	To explore different whisking methods to save time.	(1) whisked cake method worksheets. (2) Recipe and ingredients		Weighing, measuring whisked method, use oven.	2c, 2e, 2h, 3f, 3g	A- Explain what time saving equipment is B- what advantages do these pieces of equipment have C- explain also what disadvantages they have
39	To revise and recall topics covered in this year.	(1) Revision worksheets. (2) Recipe and ingredients	Revise for end of topic assessment.	Weighing, method, use oven.	2c, 2e, 2h, 3f, 3g	A- why is it important to eat healthily B- what foods should we be eating more of C- explain what foods should we also be avoiding