

# Medium Term Planning Sheet: Secondary 2025-26

Class: Y7 Rotation

Teacher: Amy Ward



## Yr 7 - Food Technology medium plans 2025-26

### Introduction

This scheme of work has been developed to enable pupils to learn where food comes from, how to cook a range of dishes safely and hygienically and to apply their knowledge of healthy eating. It will be delivered to T1 and T2 alternatively over 6 terms.

### Aims

- Pupils will develop health and safety awareness necessary to work in a food area and how to keep people free from food poisoning
- Pupils will develop their knowledge and understanding of ingredients and healthy eating;
- Pupils will develop basic food preparation and cooking techniques;
- 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;

### Learning outcomes overview

Through this scheme of work, pupils will:

- Recall and apply the principles of *The Eatwell Guide* and the 8 tips for healthy eating, to their own diet;
- Demonstrate a range of food preparation and cooking techniques;
- Adapt and follow recipes using appropriate ingredients and equipment to prepare and cook a range of dishes;
- Recall and apply the principles of food safety and hygiene;

### Prior learning

Pupils will build on the learning in Key Stage 2 Design and Technology. Knowledge and skills include: use of basic equipment and tools, basic practical skills, origin and simple functions of ingredients, healthy eating and *The Eatwell Guide*, food choice.

- Knowledge, understanding and skills needed to engage in a range of contexts, such as the home, school and culture and cook with confidence.

Y7 T1 & T2 & T3						
Term 1 & 2 2025-26						
Wk	Learning Objective	Resources	Homework	Skills gained	Curriculum links	Success criteria
1	To Explore an Introduction to food technology room, rules and hazards. Personal hygiene.	(1) Rule of room, hazards and hygiene worksheets. (2) Hazard and safety picture (3) Books	Design a health and safety poster for the food technology room.	Know what is expected regarding Personal hygiene when working with food Know how to prevent hazards	PSHE LITERACY SCIENCE	<b>All-</b> name 2 hazards and 2 hygiene rules  <b>Most-</b> identify 12 H & S issues in a given picture  <b>Some-</b> create a poster showing how to prevent hazards and practice personal hygiene.
2	To understand Kitchen hygiene, Cross contamination and food poisoning.	(1) Hygiene, cross contamination worksheets. Hygiene video. (2) Chopping board W/s		Food poisoning bacteria - types / conditions for growth. Avoiding cross contamination.	Science	<b>All-</b> identify what 2 chopping boards are used for  <b>Most-</b> Identify all chopping boards with appropriate foods  <b>Some-</b> Identify more complex ways cross contamination can take place in a kitchen
3	To Explore how do fruit and vegetables fit in Eat well plate and healthy eating?	(1) Eat well plate, nutrients worksheets. (2) Recipe and ingredients	How to wash up.	Knife skills, basic equipment, fruit preparation, peeling, slicing, coring.	Science PSCHE	<b>All-</b> identify how many pieces of fruit we should eat a day  <b>Most-</b> explain how fruit can be incorporated in to our diets on a more regular basis  <b>Some-</b> identify why we need fruit in our diets and what happens to our bodies if it is deprived
4	To understand how kitchen equipment is used, Weighing and measuring.	(1) kitchen equipment, weighing and measuring worksheets (2) Recipe and ingredients		Basic equipment, food preparation, coring, combining and mixing, using oven	Maths	<b>All-</b> to be able to way accurately with a lot of support  <b>Most-</b> to be able to way

						accurately with some support <b>Some-</b> to be able to way accurately independently
5	To Understand use of fruit in cooking.	(1) Classification of fruit, from flower to fruit worksheets (2) Recipe and ingredients	The cooker	Weighing and measuring, rubbing-in, peeling, coring, slicing, layering, using oven.	SCIENCE	<b>All-</b> know what part of a plant a fruit comes from  <b>Most-</b> to be able to identify whether a fruit is soft, stoned etc  <b>Some-</b> be able to offer recipe ideas sweet and savoury that could contain fruit
6	To understand what nutrients and minerals are. How to bake with fruit.	(1) Baking worksheets (2) Recipe and ingredients		Weighing and measuring, knife skills, rubbing-in, peeling, using oven, coring, slicing, layering.	SCIENCE PSCHE	<b>All-</b> name the nutrients found in fruit  <b>Most-</b> explain what each nutrient and mineral are for in the body  <b>Some-</b> describe what happens when there is a deficiency in the body of these vitamins and minerals

Y7 T1 & T2 & T3

Term 3 & 4

2025-26

Wk	Learning Objective	Resources	Homework	Skills gained	Curriculum links	Success criteria
7	To explore the classification of vegetables.	(1) Classification of vegetables worksheets (2) Recipe and ingredients	Date marks and safe storage of food.	Knife skills, basic equipment, vegetable preparation, peeling, slicing, grating.	SCIENCE MATHS LITRACY	<b>All-</b> name the nutrients found in coleslaw  <b>Most-</b> explain what each nutrient and mineral are for in the body that are in coleslaw  <b>Some-</b> explain how the coleslaw could be made a healthier version

8	To learn how vegetables can be sold and stored.	(1) Vegetable shopping worksheets (2) Recipe and ingredients		Knife skills, basic equipment, vegetable preparation, peeling, slicing, measuring, using hob.	SCIENCE LITERACY	<b>All</b> -know how 2 common vegetables can be stored correctly  <b>Most</b> - know how all vegetables can be stored correctly  <b>Some</b> - will know the correct temperatures for storage
9	To explore and use of pulses in the diet.	(1) Pulses worksheets (2) Recipe and ingredients	Chilling, heating and reheating.	Knife skills, basic equipment, peeling, slicing, measuring, using hob.		<b>All</b> -name 4 pulse vegetables  <b>Most</b> -Explain why pulse vegetables are a good for vegetarians  <b>Some</b> - adapt a simple meat recipe with pulse veg
10	To develop my understanding on healthy salads.	(1) Salad worksheets (2) Recipe and ingredients		Knife skills, basic equipment, peeling, slicing, measuring, mixing, layering, using hob.	PSCHE SCIENCE LITERACY	<b>All</b> -identify 4 common salad ingredients  <b>Most</b> - identify 4 uncommon salad ingredients  <b>Some</b> - design a recipe using colour of salad ingredients to make it more appetising
11	To develop my understanding on healthy salads.	Salad design sheets (2) Recipe and ingredients	Revise for healthy eating assessment.	Weighing, measuring, mixing, using oven, basic equipment, decoration.	MATHS LITERACY	<b>All</b> -use the claw and bridge hold1:1 support  <b>Most</b> - use the claw and bridge hold some support  <b>Some</b> - use the claw and bridge hold correctly and independently
12	To understand how to make vegetables fast food.	(1) Healthy fast food worksheets (2) Recipe and ingredients		Basic equipment, knife skills, slicing, layering, using grill, wider ingredient preparation.	MATHS LITERACY GEOG	<b>All</b> -name 3 ingredients suitable for a quick pizza snack

						<p><b>Most-</b> use a variety of colour and food items to make a quick pizza snack</p> <p><b>Some-</b> offer alternatives to stotties as a more healthier pizza base and toppings</p>
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Y7 T1 & T2 & T3			Term 5 & 6 2025-26			
Wk	Learning Objective	Resources	Homework	Skills gained	Curriculum links	Success criteria
13	To explore and learn about vegetable dishes from around the world.	(1) Foods of the world worksheets (2) Recipe and ingredients	Cooking food correctly and safely.	Knife skills, slicing, peeling, measuring, using hob, using oven,	MATHS LIT GEOG	<p><b>All-</b>make aa edible dish</p> <p><b>Most-</b>make an edible well presented dish and complete an evaluation</p> <p><b>Some-</b> make an edible well presented dish that uses garnish too and alternative ingredients to enhance their product</p>
14	To develop my skills baking with vegetables.	(1) Baking vegetables worksheets (2) Recipe and ingredients		Weighing, measuring, combining (all in one method), knife skills, peeling, slicing, dividing mixture, using oven.	MATHS LIT SCINCE	<p><b>All-</b>make aa edible dish</p> <p><b>Most-</b>make an edible well presented dish and complete an evaluation</p> <p><b>Some-</b> make an edible well presented dish that uses garnish too and alternative ingredients to enhance their product</p>
15	To understand how to pack for a picnic. Sensory	(1) Packing for a picnic, sensory analysis,	Design a healthy	Diet and nutrition, wise food shopping.	1.2b, 1.2a, 1.3c, 1.4a,	<b>All-</b> identify 2 healthy food stuffs for a packed lunch

	analysis and disassembly.	disassembly worksheets (3) Sandwiches and snack bars	sandwich.		1.4b, 1.4c, 2c, 2h, 3i, 4a	<b>Most-</b> design a healthy lunch and explain why they are healthy  <b>Some-</b> complete an ingredient analysis for the rice salad made
16	To understand how sandwiches are made.	(1) Sandwich video and worksheets (2) Recipe and ingredients		Weighing, measuring, knife skills, slicing, mixing, layering ingredients.	1.2b, 1.2a, 1.3c, 2c. 2d, 2h, 3f, 3g	<b>All-</b> spread evenly with marg/butter  <b>Most-</b> cut evenly and present sandwich well  <b>Some-</b> serve sandwich with garnish and show that colour has been thought about in the ingredients used
17	To understand what Foods are not suitable for certain groups.	(1) Worksheets (2) Recipe and ingredients	Packed lunch survey.	Weighing, measuring, combining and mixing, using hob, using oven.	PSCHE SCIENCE MATHS LIT	<b>All-</b> explain what an allergen is  <b>Most-</b> explain symptoms and allergic reactions  <b>Some-</b> discuss specific groups ie pregnant women and foods they can or cannot eat
18	To explore how to make sweet and savoury picnic snacks.	(1) Worksheets (2) Recipe and ingredients		Weighing, measuring, cutting, boiling	MATHS LIT	<b>All-</b> explain what part of the hand is used for this cake method of making  <b>Most-</b>  <b>Some-</b>
19	To explore and Recap topics covered in yr7.	(1) Healthy eating, hygiene and safety pass the parcel activity (2) Recipe and ingredients	Revise for end of topic assessment.	Weighing, measuring, rub in method, using oven, enrobing	MATHS LIT GEOG	<b>All-</b> explain what method of cake making has been used and what texture to expect  <b>Most-</b> explain where madeline cakes originate

						Some- plan the making with HACCP stages
20	To understand the Creaming cake method	(1) Assessment paper		Nutrition, hygiene and safety.	SCIENCE PSCHE	<p><b>All-</b> To used your oven with some support</p> <p><b>Most-</b> to use your oven independently</p> <p><b>Some-</b> to list the different kinds of ovens that there are and precautions with each</p>