



Food Technology Long Term Plan

Denewood Academy

Subject Intent: Food Technology

In today's world, acquiring fundamental cooking skills and a thorough understanding of food hygiene is essential for pupils' personal development, health, and well-being. The Food Technology curriculum enables pupils to acquire skills and knowledge to competently plan and safely prepare dishes for a healthy and varied diet. Activities are age/ability appropriate, based on the government's core competences for children and young people guidance and in line with the UK's Healthy Eating Guide (The Eatwell Guide). Recipes and dishes reflect current healthy eating advice and dishes should reflect the cultural and ethnic diversity of the UK, and be mindful of different dietary needs, e.g. allergies.

Through the curriculum, pupils from Key Stage 2 and Key Stage 3 will engage in a combination of theoretical lessons and hands-on practice, focusing on essential areas such as kitchen safety, food hygiene, and nutrition. Since pupils are with us for a limited time, we focus on teaching essential skills tailored to their specific developmental stage, addressing any knowledge gaps as needed. For instance, in Key Stage 2, students learn how to safely prepare food and use cooking equipment, while in Key Stage 3, they may revisit these foundational skills before they start cooking themselves.

The lessons have been developed to be used by teachers to stimulate children's interest in food, as well as support the curriculum.



Key Curriculum Areas

The curriculum across key stage 2 and key stage 3 are as follows:

1. Healthy Eating and Nutrition
2. Food Provenance
3. Food Preparation
4. Food Choice

Autumn		Spring		Summer	
The focus will be on building pupils' confidence in the kitchen. Through carefully structured lessons on kitchen safety, hygiene, and fundamental cooking techniques, pupils will develop a strong foundation of skills. By the end of the term, pupils will have developed the self-assurance to follow recipes, experiment with ingredients, and present their dishes confidently, setting the stage for more complex culinary challenges in the future	Pupils will begin to explore the Eatwell Guide. Pupils will develop and apply their knowledge of the main food groups and the importance of wholegrain and high fibre foods, fruits and vegetables, bean and pulses and dairy in our diet. Pupils will also consider the impact of energy in versus energy out and understand energy and nutrients in our food.	Pupils will understand how to read nutritional labels on food including mandatory and voluntary labelling. This helps to make informed food and drink choices. Pupils will also focus on digestion, exploring the digestive system including ingestion, digestion, absorption and elimination.	This unit will strengthen pupils learning around planning to cook and ingredients. Pupils will consider any dietary needs, socio-economic factors, preferences, occasion and cost when planning to cook.	This unit will focus on cooking for health and adapting recipes to support a healthy lifestyle. This unit will also focus on healthier ways that pupils can cook food Pupils will focus on good food safety and hygiene practices to reduce the risk of food poisoning and will use a broad variety of equipment, ingredients, food skills and techniques to achieve successful results.	This unit strengthens pupils' knowledge of where food comes from including farming, processing and food production. Pupils will understand that food is sourced, processed and sold in different ways. They will explore the geographical locations of where food originates including seasonability, weather and climate influences on the availability of food and drink.

