



Medium Term Plan – Key Stage -3 - Books and Authors

	Week 1	Week 2	Week 3	Week 4	Week 5
Food Technology Yr 9	<p>Objective: To prepare and cook German Meatballs – Frikadellen.</p> <p>Success Criteria: Support: I can listen to instructions and mix with my hands or with spoons. Core: I can safely peel and chop an onion and crack an egg. Extension: I can follow a recipe and prepare vegetables independently. LOtC: Shopping for ingredients to a butchers and supermarket. SMSC Interest in and understanding of the way communities and societies function at a variety of levels. Using IT: Suggested Activities:</p> <ul style="list-style-type: none"> • http://www.tasty-german-recipe.com/best-meatball-recipe.html 	<p>Objective: To prepare and cook a Polish meal of Bigos from young cabbage.</p> <p>Success Criteria: Support: I can use a knife safely. Core: I can prepare vegetables and meat in a hygienic way. Extension: I can follow a recipe and keep to timing to cook a stew independently. LOtC: Going to the shops and looking at Polish foods, buying ingredients. SMSC Interest in and understanding of the way communities and societies function at a variety of levels. Using IT: Suggested Activities:</p> <ul style="list-style-type: none"> • http://www.tastingpoland.com/food/recipes/bigos_young_cabbage.html 	<p>Objective: To prepare and cook a Jewish starter of borekas.</p> <p>Success Criteria: Support: Demonstrate DT through designing, making, evaluating and use of technical knowledge appropriate to the step. Core: I can complete basic food preparation skills S12. Extension: I can use a wide range of food preparation skills. S14 LOtC: SMSC Using IT: Suggested Activities:</p> <ul style="list-style-type: none"> • http://www.jewishcookery.com/cook/starter---salad/borekas.php 	<p>Objective: To make an Elizabethan delicacy of Jelly.</p> <p>Success Criteria: Support: I can stir a hot mixture safely. Core: I can safely cook fruit on the hob. Extension: I can follow a recipe and safely cook some fruit on a hob. LOtC: Going shopping for ingredients. SMSC Using IT: Suggested Activities:</p> <ul style="list-style-type: none"> • http://www.bbcgoodfood.com/recipes/fresh-raspberry-jelly 	<p>Objective: To prepare a decadent fish shape pie! Fit for the rich and the royal!</p> <p>Success Criteria: Support: I know how to use a knife safely. Core: I can prepare and chop vegetables. Extension: I can follow a recipe and cook vegetables safely. LOtC: SMSC Using IT: Suggested Activities:</p> <ul style="list-style-type: none"> • http://www.novicehousewife.com/2011/02/20/vegetarian-fish/ • You could do a meat version with the vegetables, or just leave it as vegetarian. The recipe above needs 30 minutes to cook . • https://www.homemadebyyou.co.uk/recipes/main-courses/fishy-fish-cakes A quicker and easier recipe for fish cakes (that can be made into fish shapes.)
	<p>Week 6</p> <p>Objective: To bake Shrewsbury Cakes.</p> <p>Success Criteria: Support: I can mix ingredients together. Core: I can weigh ingredients and mix together. Extension: I can follow a recipe independently and safely. LOtC: Shopping for ingredients. SMSC Using IT: Suggested Activities:</p> <p>https://anaspiringhomemaker.wordpress.com/2014/05/28/shrewsbury-cakes-an-elizabethan-cookbook/</p>	<p>Suggested Home Learning</p> <ul style="list-style-type: none"> • Ask for your child’s help as much as you can in the kitchen – Preparing food and cleaning up after themselves • Ask them how you might prepare, fruit or vegetables • When eating food, ask them to describe how it tastes, what it smells like and how it feels 			