



Mid Term Plan – Key Stage -3 – Foods and Festivals

Food Technology Year 7/8

	Week 1	Week 2	Week 3	Week 4	Week 5
	<p>Objective: To create an antipasti dish as the first course of an Italian meal.</p> <p>Success Criteria: Support: I can make a choice from a small range of ingredients I can begin to understand where food comes from (S9) Core: I can identify food sources from at least three groups (S10) Extension: I can understand where food comes from(S11) I can choose ingredients that form a healthy diet to prepare a dish (S11)</p> <p>LOtC: Shopping for ingredients. SMSC Work successfully as a member of a group or team Using IT: Use Google maps to identify the country Use iPads to take photos of lesson</p> <p>Suggested Activities: The main meal of the day is lunch (il pranzo) The meal starts with antipasti which are nibbles such as olives cheese or salami. Choose from the following or choice of your own:</p> <ul style="list-style-type: none"> Antipasti skewers and flatbreads Bruschetta Antipasti platter with sourdough bread 	<p>Objective: To create a pasta dish as the second course of an Italian meal</p> <p>Success Criteria: Support: I can use familiar cooking utensils and equipment with support (S8) Core: I can use a wider range of equipment to complete a recipe (S11) Extension: I can show I understand the processes involved in a recipe S12 Complete basic food preparation skills</p> <p>LOtC: Shopping for ingredients SMSC Work successfully as a member of a group or team Using IT: Identify different regions using Google Maps. Use iPads to take photos of lesson</p> <p>Suggested Activities: The first course is called il primo. It is usually minestrone or pasta. Choose from the following or choice of your own:</p> <ul style="list-style-type: none"> Spaghetti alla Napoletana Macaroni Cheese Pasta dish of your choice – use different style pastas e.g. fusilli, rigatoni etc. 	<p>Objective: To create a meat dish as the third course of an Italian meal</p> <p>Success Criteria: Support: I can use equipment to make a simple dish with support (S8) Core: I can use a wider range of equipment to complete a recipe (S11) Extension: I can use a range of skills to make a recipe S12 Complete basic food preparation skills</p> <p>LOtC: Shopping for ingredients Identify food items from this country in a supermarket SMSC Work successfully as a member of a group or team Using IT: Research and find other recipes linked to this lesson's focus Use iPads to take photos of lesson</p> <p>Suggested Activities: The main course or second course is called il secondo. The main course is meat or fish with salad or vegetables. Choose from the following or choice of your own:</p> <ul style="list-style-type: none"> Fresh Grated Parmesan Spaghetti & Meatballs Lasagna 	<p>Objective: To create a dessert dish as the final course of an Italian meal</p> <p>Success Criteria: Support: I can identify ingredients I can operate familiar cooking utensils and equipment with support (S8) Core: I can follow a recipe with support and prepare and make a dish with increasing independence (S11) Extension: I can follow a recipe and independently prepare and make a dish. S12 Complete basic food preparation skills</p> <p>LOtC: Shopping for ingredients Use of a budget to plan which ingredients to buy SMSC Work successfully as a member of a group or team Using IT: Research and find other recipes linked to this lesson's focus Use iPads to take photos of lesson</p> <p>Suggested Activities: The meal ends with dessert or fresh fruit. Choose from the following or choice of your own:</p> <ul style="list-style-type: none"> Tiramisu Fruity Gelato 	<p>Objective: To create a traditional dish from Brazil</p> <p>Success Criteria: Support: I can identify ingredients I can operate familiar cooking utensils and equipment with support (S8) Core: I can follow a recipe with support and prepare and make a dish with increasing independence (S11) Extension: I can follow a recipe and independently prepare and make a dish. S12 Complete basic food preparation skills</p> <p>LOtC: Shopping for ingredients. Identify food items from this country in a supermarket SMSC Work successfully as a member of a group or team Using IT: Research and find other recipes linked to this lesson's focus Use iPads to take photos of lesson</p> <p>Suggested Activities:</p> <ul style="list-style-type: none"> Brazilian Cheese Bread - pão de queijo Bauru (Brazilian Roast Beef Sandwich)
	<p>Week 6</p> <p>Objective: To create a traditional dish from Brazil</p> <p>Success Criteria: Support: I can make a choice from a small range of ingredients I can begin to understand where food comes from (S9) Core: I can identify food sources from at least three groups (S10) Extension: I can understand where food comes from(S11) I can choose ingredients that form a healthy diet to prepare a dish (S11)</p> <p>LOtC: Shopping for ingredients Identify food items from this country in a supermarket SMSC Work successfully as a member of a group or team Using IT: Research and find other recipes linked to this lesson's focus Use iPads to take photos of lesson</p> <p>Suggested Activities: The Acai berry is served as a sweet, gloopy, frozen sorbet, sometimes topped with granola and slices of banana, or whizzed up in juices, it can found in every café, bakery, juice bar and supermarket across the country. Choose from the following:</p> <ul style="list-style-type: none"> Acai Smoothie Brazilian Fruit Salad 	<p>Week 7</p> <p>Objective: To create a traditional dish from Brazil</p> <p>Success Criteria: Support: I can identify ingredients I can operate familiar cooking utensils and equipment with support (S8) Core: I can follow a recipe with support and prepare and make a dish with increasing independence (S11) Extension: I can follow a recipe and independently prepare and make a dish. S12 Complete basic food preparation skills</p> <p>LOtC: Shopping for ingredients Use of a budget to plan which ingredients to buy SMSC Work successfully as a member of a group or team Using IT: Research and find other recipes linked to this lesson's focus Use iPads to take photos of lesson</p> <p>Suggested Activities: Cuscuz Branco is a traditional Brazilian white pudding made from coconut and tapioca. Choose from the following:</p> <ul style="list-style-type: none"> Cuscuz Branco Brigadeiro (Brazilian Chocolate Truffles) Pe de Moleque (Brazilian Nut Brittle) 	<p>Food Technology</p> <p>These lessons focus on the design and cooking of dishes from the different countries. Additional lesson may be needed to include opportunities for the students to taste and learn about a variety of food and drink from the specific countries. Links to healthy eating (summer 2) may also be made e.g. compare diets from these countries to a typical diet in the UK.</p> <p>Learning objectives for these sessions may include:</p> <ul style="list-style-type: none"> I can taste a range of food items from I can give an opinion about the food I have tasted I can use language to describe the taste of I can give reasons why I like/dislike.... <p>All recipes listed in the MTP are on the server. Useful websites include: http://www.food.com/recipe/all/quick-and-easy http://www.foodfactoflife.org.uk/ http://www.bbc.co.uk/food/recipes/ They are just suggestions and can be modified or changed as needed. The lesson can be taught in any order although success criteria may need adding to or adjusting to show progression of skills.</p> <p>Success Criteria for Food Safety and Hygiene (choose as appropriate)</p> <ul style="list-style-type: none"> I wash my hands and put an apron on before cooking. I can handle food safely and hygienically in Food Technology I can give reasons for the importance of health and safety rules in Food Technology I can use basic cooking equipment safely e.g. scissors, knives, cutters, graters I can follow the rules for the safe use of the oven/stovetop/grill <p>Basic Food Preparation Skills may include: Cutting, chopping, slicing, peeling, grating, mixing, kneading, baking, cooking on hob and in oven</p> <p>Home Learning: Shopping for ingredients to cook dishes at home, using the internet to find recipes, measuring of ingredients and teaching of skills in the kitchen.</p>		



Churchill Park School

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