



Churchill Park School

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

Food Technology Year 9

	Week 1	Week 2	Week 3	Week 4	Week 5
	<p><b>Objective:</b> To create a traditional dish from a region of Africa</p> <p><b>Success Criteria:</b>  <b>Support:</b> I can make a choice from a small range of ingredients            I can begin to understand where food comes from (S9)  <b>Core:</b> I can identify food sources from at least three groups (S10)  <b>Extension:</b> 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><b>Suggested Activities:</b></p> <ul style="list-style-type: none"> <li>Moroccan Chicken Tagine (Morocco)</li> <li>Beef Kofta (North Africa-Algeria)</li> </ul>	<p><b>Objective:</b> To create a traditional dish from a region of Africa</p> <p><b>Success Criteria:</b>  <b>Support:</b> I can use familiar cooking utensils and equipment with support (S8)  <b>Core:</b> I can use a wider range of equipment to complete a recipe (S11)  <b>Extension:</b> I can show I understand and can follow the processes 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><b>Suggested Activities:</b></p> <ul style="list-style-type: none"> <li>Frikkadel – meatballs (South Africa)</li> <li>Yellow Rice (South Africa)</li> <li>Souttert (South Africa)</li> </ul>	<p><b>Objective:</b> To create a traditional dish from a region of Africa</p> <p><b>Success Criteria:</b>  <b>Support:</b> I can use equipment to make a simple dish with support (S8)  <b>Core:</b> I can use a wider range of equipment to complete a recipe (S11)  <b>Extension:</b> 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><b>Suggested Activities:</b></p> <ul style="list-style-type: none"> <li>Misir Wot -red lentil stew with Injera-flatbread (Ethiopia)</li> </ul>	<p><b>Objective:</b> To create a traditional dessert dish from a region of Africa</p> <p><b>Success Criteria:</b>  <b>Support:</b> I can identify ingredients            I can operate familiar cooking utensils and equipment with support (S8)  <b>Core:</b> I can follow a recipe with support and prepare and make a dish with increasing independence (S11)  <b>Extension:</b> 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><b>Suggested Activities:</b></p> <ul style="list-style-type: none"> <li>Benne Wafers (Nigeria)</li> <li>Melktert –Milk Tart (South Africa)</li> <li>Umm Ali (Egypt)</li> </ul>	<p><b>Objective:</b> To create a traditional dish from India</p> <p><b>Success Criteria:</b>  <b>Support:</b> I can identify ingredients            I can operate familiar cooking utensils and equipment with support (S8)  <b>Core:</b> I can follow a recipe with support and prepare and make a dish with increasing independence (S11)  <b>Extension:</b> 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><b>Suggested Activities:</b></p> <ul style="list-style-type: none"> <li>Vegetable curry ( or choose own favourite)</li> <li>Naan bread with Raita and/or Tomato Chutney</li> </ul>
	<p><b>Week 6</b></p> <p><b>Objective:</b> To create a traditional dish from India</p> <p><b>Success Criteria:</b>  <b>Support:</b> I can make a choice from a small range of ingredients            I can begin to understand where food comes from (S9)  <b>Core:</b> I can identify food sources from at least three groups (S10)  <b>Extension:</b> 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><b>Suggested Activities:</b></p> <ul style="list-style-type: none"> <li>Indian crescent style samosas</li> <li>Island mango bread</li> </ul>	<p><b>Week 7</b></p> <p><b>Objective:</b> To create a traditional dish from India</p> <p><b>Success Criteria:</b>  <b>Support:</b> I can identify ingredients            I can operate familiar cooking utensils and equipment with support (S8)  <b>Core:</b> I can follow a recipe with support and prepare and make a dish with increasing independence (S11)  <b>Extension:</b> 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><b>Suggested Activities:</b></p> <ul style="list-style-type: none"> <li>Indian sunflower cookies</li> <li>Indian rice pudding</li> </ul>	<p><b>Food Technology</b></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><b>Learning objectives for these sessions may include:</b></p> <ul style="list-style-type: none"> <li>I can taste a range of food items from ....</li> <li>I can give an opinion about the food I have tasted</li> <li>I can use language to describe the taste of ....</li> <li>I can give reasons why I like/dislike....</li> </ul> <p>All recipes listed in the MTP are on the server.            Useful websites include: <a href="http://www.food.com/recipe/all/quick-and-easy">http://www.food.com/recipe/all/quick-and-easy</a> <a href="http://www.foodafactoflife.org.uk/">http://www.foodafactoflife.org.uk/</a>  <a href="http://www.bbc.co.uk/food/recipes/">http://www.bbc.co.uk/food/recipes/</a> <a href="http://indian.food.com/">http://indian.food.com/</a> <a href="http://www.food.com/topic/african/quick-and-easy">http://www.food.com/topic/african/quick-and-easy</a></p> <p>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.  <b>Success Criteria for Food Safety and Hygiene (choose as appropriate)</b></p> <ul style="list-style-type: none"> <li>I wash my hands and put an apron on before cooking.</li> <li>I can handle food safely and hygienically in Food Technology</li> <li>I can give reasons for the importance of health and safety rules in Food Technology</li> <li>I can use basic cooking equipment safely e.g. scissors, knives, cutters, graters</li> <li>I can follow the rules for the safe use of the oven/stovetop/grill</li> </ul> <p><b>Basic Food Preparation Skills may include:</b>            Cutting, chopping, slicing, peeling, grating, mixing, kneading, baking, cooking on hob and in oven</p> <p><b>Home Learning:</b> 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>		



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