



	Week 1	Week 2	Week 3	Week 4	Week 5
	<p>Objective: To create a recipe from the past – medieval gingerbread</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)</p> <p>LOtC: Shopping for ingredients. Reading food labels SMSC Work successfully as a member of a group or team Using IT: Use Google maps to identify where different seasonal ingredients are found. Use iPads to take photos of lesson http://cookit.e2bn.org/historycookbook/index-32-tudors.html</p> <p>Suggested Activities:</p> <ul style="list-style-type: none"> Medieval Gingerbread was very different to the modern version. It was much more like a sweet and was eaten by people as a treat. Alternative recipes from history can be substituted 	<p>Objective: To create a recipe from the past - ham, leek & pea soup (potage)</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 S12 Introduce seasonality and where familiar ingredients are grown, reared, caught and processed.</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:</p> <ul style="list-style-type: none"> Potage - soup of meat and vegetables, boiled together to form a thick mush) Leeks are seasonally grown in the UK from September to March. Alternative recipes can be substituted but try to use seasonal vegetables such as onion, pumpkin, carrots, spinach 	<p>Objective: To create a dessert recipe from the present</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 S12 Introduce seasonality and where familiar ingredients are grown, reared, caught and processed.</p> <p>LOtC: Shopping for ingredients Take a visit to a working farm or pick-your-own fruit SMSC Work successfully as a member of a group or team Using IT: Research and find out how different ingredients are grown, reared, caught or processed Use iPads to take photos of lesson</p> <p>Suggested Activities:</p> <ul style="list-style-type: none"> Apple and Blackberry Crumble Apple and Blackberry Tray Bake Apples(September-October) and Blackberries (August to October) are seasonally grown in the UK Alternative recipes can be substituted but try to use seasonal fruits such as apples and pears 	<p>Objective: To create a savoury recipe from the present</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 S13 Create a variety of savoury dishes with support</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:</p> <ul style="list-style-type: none"> Cheesy Chicken Casserole Sunshine Burgers Alternative savoury recipes can be substituted 	<p>Objective: To create a recipe from the future – based on eating in space</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) LOtC: Shopping for ingredients Reading food labels SMSC Work successfully as a member of a group or team Using IT: use video clips to research how astronauts eat in space https://www.nasa.gov/audience/forstudents/5-8/features/F_No_Pizza_in_Space_5-8.html http://www.spacekids.co.uk/spacefood/ information and "astronaut food to order. Use iPads to take photos of lesson</p> <p>Suggested Activities:</p> <ul style="list-style-type: none"> Choose a recipe involving the dehydration of food Apple Chips Banana Chips
	<p>Week 6</p> <p>Objective: To create a recipe from the future – based on the recipes of Heston Blumenthal</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>Suggested Activities:</p> <ul style="list-style-type: none"> Use video clips to introduce the science behind some of Heston Blumenthal's recipes Students to create one of his recipes combining different flavours Bacon and Banana Cookies <p>LOtC: Shopping for ingredients. Reading food labels SMSC Work successfully as a member of a group or team Using IT: Use video clips to showcase Heston Blumenthal's futuristic videos https://www.youtube.com/watch?v=udkmAbEno5g https://www.youtube.com/watch?v=xXhkTQy0Tal Use iPads to take photos of lesson</p>	<p>Week 7</p> <p>Objective: To design and create a recipe of my own.</p> <p>Success Criteria: These are taken from the NAP objectives for DT 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: SMSC Work successfully as a member of a group or team Using IT: https://www.youtube.com/watch?v=J_30-d1AFrk https://www.youtube.com/watch?v=TPbpgScnpu4</p> <p>Suggested Activities:</p> <ul style="list-style-type: none"> Use excerpts from Gangsta Granny to look at recipe for cabbage cake. Can the students create recipe of their own that will taste nicer than this? Choose a familiar recipe and add a twist to it e.g. make a fruit salad and add blue food colouring or add an unusual ingredient. 	<p>Food Technology</p> <p>These lessons focus on the design and cooking of dishes from the past, present and future. Additional lesson may be needed to include opportunities for the students to taste and learn about food linked to other curriculum subjects.</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>Recipes included in the MTP are on the server</p> <p>A number of organisations, including the Children's Food Trust, Chefs Adopt a School and the Jamie Oliver Food Foundation have developed programmes which may also be incorporated into lessons and may provide direction on how to teach cooking and nutrition. The following link to history cookbook provides lots of recipes and background information: http://cookit.e2bn.org/historycookbook/</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. Encourage your child to taste-test different foods, help to plan a meal and/or write a shopping list. There is also a wide range of Kids Cookbooks available e.g. <i>Good Food: 101 recipes for kids</i> (£4.99, BBC)</p>		



Churchill Park School

Mid Term Plan – Key Stage -3 – Past, Present and Future