

Food Studies Long Term Plan 2024-2025

KS3/KS4

Aim – Through Food Studies lessons pupils will focus on diverse and engaging recipes that introduce students to a variety of cooking techniques, ingredients and nutritional concepts. Each week includes a practical cooking session whereby pupils will gain a knowledge of food safety, nutrition and culinary skills.

Term 1		Term 2		Term 3	
Learning Cycle 1 2nd Sept 2024 – 25th Oct 2024 8 Weeks	Learning Cycle 2 4th Nov 2024 – 20th Dec 2024 7 Weeks	Learning Cycle 3 6th Jan 2025 – 14th Feb 2025 6 Weeks	Learning Cycle 4 24th Feb 2025 – 4th April 2025 6 Weeks	Learning Cycle 5 21st Apr 2025 – 23rd May 2025 5 Weeks	Learning Cycle 6 2nd June 2025- 18th July 2025 7 Weeks
Intent In LC1 pupils will be introduced to a variety of cooking techniques, some of which they may not have previously used, to create Fakeaways. Implementation Pupils will create various fakeaway dishes based around meals they made order a fakeaway. Pupils will work individually in the kitchen alongside a Teacher or T/A if support is wanted/required. Pupils will discuss at the beginning of each lesson what they aim to produce including any	Intent In LC2 pupils will continue to use modern cooking techniques to create food dishes. Pupils will focus on creating filling and hearty meals to eat in the winter months. Implementation Pupils will cook meals that are popular throughout the winter months. Pupils will work individually in the kitchen alongside a Teacher or T/A if support is wanted/required. Pupils will discuss at the beginning of each lesson what they aim to produce including any	Intent In LC3 pupils will focus on classic British dishes and how these can be made on a budget. Implementation Pupils will cook the top 6 most popular British dishes according to BBC Good food. Pupils will work individually in the kitchen alongside a Teacher or T/A if support is wanted/required. Pupils will discuss at the beginning of each lesson what they aim to produce including any fillings/toppings they'd like etc.	Intent In LC4 pupils will transition to sweet dishes. Creating low-cost desserts. Implementation Pupils will begin to create desserts that would be found at a party. Pupils will use their imagination to get creative in the kitchen making low-cost desserts and sweet treats. Pupils will work individually in the kitchen alongside a Teacher or T/A if support is wanted/required.	Intent In LC5 pupils will focus on party foods. Quick and easy platters that can be served with ease. Implementation Pupils will come up with their own ideas of what they would like to eat at a party. Pupils will create easy, finger foods that can be served at a party, on a budget. Pupils will work individually in the kitchen alongside a Teacher or T/A if support is wanted/required. Pupils will discuss at the beginning of each	Intent In LC6 pupils will finish the school year creating summer classics and light bites. Implementation Pupils will rustle up meals suitable for summer. Including lighter meals and refreshing beverages. Pupils will learn the importance of keeping meals light and refreshing in the summer months versus winter months. Pupils will work individually in the kitchen alongside a Teacher or T/A if support is wanted/required.

<p>fillings/toppings they'd like etc.</p> <p>Pupils will need to read recipes and manage their time correctly.</p> <p>Pupils will have the opportunity to take their cooking home.</p> <p>Impact</p> <p>Pupils will learn to make healthier versions of popular takeaway food.</p> <p>Pupils will hopefully agree that fakeaways are easy to cook and will hopefully see the benefit in creating homemade copies of their favourite takeaways.</p> <p>Pupils will explore different cooking techniques and how to combine different toppings/fillings.</p> <p>Pupils will learn the importance of a nutritious, balanced meals.</p> <p>Pupils will learn basic food safety and kitchen safety.</p>	<p>fillings/toppings they'd like etc.</p> <p>Pupils will need to read recipes and manage their time correctly.</p> <p>Pupils will have the opportunity to take their cooking home.</p> <p>Impact</p> <p>Pupils will learn to make hearty, winter meals which will feed a family and keep them warm.</p> <p>Pupils will hopefully see that these meals are staples and easy to cook.</p> <p>Pupils will explore different cooking techniques and be taught how they could transfer these skills to their home kitchen. Discuss optional cooking equipment such as slow cookers.</p> <p>Pupils will continue learn the importance of a nutritious, balanced meals.</p> <p>Pupils will continue to learn basic food safety and kitchen safety.</p>	<p>Pupils will need to read recipes and manage their time correctly.</p> <p>Pupils will have the opportunity to take their cooking home.</p> <p>Impact</p> <p>Pupils will learn to make classic British meals whilst on a budget. Pupils will see these meals can feed a family whilst sticking to low-cost ingredients.</p> <p>Pupils will hopefully see that these meals are staples and easy to cook.</p> <p>Pupils will explore different cooking techniques and be taught how they could transfer these skills to their home kitchen. Discuss optional cooking equipment such as slow cookers.</p> <p>Pupils will continue learn the importance of a nutritious, balanced meals.</p> <p>Pupils will continue to learn basic food safety and kitchen safety.</p>	<p>Pupils will discuss at the beginning of each lesson what they aim to produce including any fillings/toppings they'd like etc.</p> <p>Pupils will need to read recipes and manage their time correctly.</p> <p>Pupils will have the opportunity to take their cooking home.</p> <p>Impact</p> <p>Pupils will learn new ways to create delicious sweet treats that they can serve at parties/gatherings.</p> <p>Pupils will see that creating low-cost desserts can be very easy and they do not need to purchase store bought treats.</p> <p>Pupils will explore different cooking techniques and be taught how they could transfer these skills to their home kitchen. Discuss optional cooking equipment such as slow cookers.</p> <p>Pupils will continue learn the importance of a</p>	<p>lesson what they aim to produce including any fillings/toppings they'd like etc.</p> <p>Pupils will need to read recipes and manage their time correctly.</p> <p>Pupils will have the opportunity to take their cooking home.</p> <p>Impact</p> <p>Pupils will gain the knowledge of how to prepare finger foods for a party/buffet.</p> <p>Pupils will learn that it is cheaper to prepare their own finger foods instead of store-bought, pre-packed.</p> <p>Pupils will explore different cooking techniques and be taught how they could transfer these skills to their home kitchen. Discuss optional cooking equipment such as slow cookers.</p> <p>Pupils will continue learn the importance of a nutritious, balanced meals.</p>	<p>Pupils will discuss at the beginning of each lesson what they aim to produce including any fillings/toppings they'd like etc.</p> <p>Pupils will need to read recipes and manage their time correctly.</p> <p>Pupils will have the opportunity to take their cooking home.</p> <p>Impact</p> <p>Pupils will gain the knowledge of how to prepare finger foods for a party/buffet.</p> <p>Pupils will learn that it is cheaper to prepare their own finger foods instead of store-bought, pre-packed.</p> <p>Pupils will explore different cooking techniques and be taught how they could transfer these skills to their home kitchen. Discuss optional cooking equipment such as slow cookers.</p> <p>Pupils will continue learn the importance of a nutritious, balanced meals.</p>
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