

Stone Lodge Academy

Long Term Plan

Subject: Food Studies



Year group	Autumn	Spring	Summer
Year 3	Cooking Food a fact for life 3-5 years Cooking Activity 5 - What does it taste like? Activity 6 - How do you get ready to cook? Activity 7 - What does this piece of kitchen equipment do? Activity 8 - What skills do I need to make this recipe?	Cooking lessons Food a fact for life 3-5 years	Cooking lessons Food a fact for life 3-5 years
Year 4	Healthy Eating Food a fact for life 3-5 years Healthy Eating Activity 1 - What foods do you like? Activity 2 – Eatwell plate Activity 3 – Eat well and stay healthy Activity 4 –Fruits and vegetables	Where does food come from? Food a fact for life 3-5 years Where does food come from Activity 9 - Where does food come from? Activity 10 - Does this food come from a plant or an animal? Activity 11 - How does food grow? Activity 12 - What foods are in season?	Cooking Food a fact for life 5-8 years Fact 1 - Ingredients Fact 2 – Utensils
Year 5	Healthy Eating Food a fact for life 5-8 years Healthy Eating Key Fact 1 – Food is a basic requirement for life	Healthy Eating Food a fact for life 5-8 years Healthy Eating Key Fact 3 – We all need to eat a variety and balance of food to stay healthy (Eatwell plate)	Cooking Food a fact for life 5-8 years Key Fact 3 - There are a number of basic food skills which enable us to cook a variety of dishes; Key Fact 4 - It is important to store, prepare and cook food safely and hygienically; Key Fact 5 - When planning to cook, we need to consider the time of day, person and occasion.
Year 6	Food and Farming Food a fact for life 5-8 years Food and farming Key fact 1 – All food comes from plants or animals	Food and Farming Food a fact for life 5-8 years Food and farming Key fact 2 – Food has to be farmed, caught or grown	Food and Farming Food a fact for life 5-8 years Key fact 3 – Food is changed from farm to fork

Year 7	Healthy Eating Food a fact for life 8-11 Healthy Eating Key fact 5 - Being active and looking after yourself are important for health	Cooking Food a fact for life 8-11 Cooking Key Fact 3 – When planning to cook we need to select the most suitable ingredients, equipment and food skills	Food and Farming Food a fact for life 8-11 Food and farming Key fact 1 – Food is produced all around the world
Year 8	Healthy Eating Food a fact for life 8-11 Healthy Eating Key fact 1 – Around the world people choose and combine different foods to make meals and snacks Cooking Key fact 1 - World food	Healthy Eating Food a fact for life 8-11 Healthy Eating Key fact 2 – A healthy diet is made up from a variety and balance of different foods and drinks	Cooking Food a fact for life 8-11 Cooking Key fact 2 – Healthy eating advice, food for occasions, dietary needs
Year 9 Curriculum dependent on SEND of cohort Option 1 - AQA Unit	10934 Food Handling Preparation and storage	10940 Food Grains from source to table	10937 Preparing Food for a specified function
Option 2 - Food a fact for life	Healthy Eating Food a fact for life 8-11 Healthy Eating Key fact 4 – A variety of food is needed in the diet because different foods contain different substances that are needed for health	Healthy Eating Food a fact for life 8-11 Healthy eating Key Fact 3 – To be active and healthy, food is needed to provide energy for the body	Food and Farming Food a fact for life 8-11 Food and Farming Key Fact 2 - Food is processed on different levels to make it edible and safe.
Year 10 Open Award Hospitality and Catering Entry 1- 3	Kitchen Hygiene	Working in hospitality	Food and drink preparation
Year 11 Open Award Hospitality and Catering Entry 1-3	Balanced diet	Cooking techniques	Make a meal