



Long term planning (LTP)

Food Studies: Updated September 2024

Note this year is cycle 2

Subject lead Jenny Wysocki

| Key Stage | Pathway Class Group | Cycle Rotation | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---|---------------------|--|---|----------|--|----------|---|----------|
| Key Stage 2 Based on Food a fact of life programme | Lower Key stage 2 | ½ termly rotation with another subject Year 1 cycle | Cooking: Identifying small kitchen equipment and using with increasing skill | | Food sources Sight, sound, touch and taste of food, identifying sweet and savoury foods | | Healthy eating: Different foods for different meal times , identifying | |
| | Lower Key stage 2 | ½ termly rotation with another subject Year 2 cycle | Cooking: Identifying foods that require washing ; Cooking with fruits and salads | | Food sources Where does food come from? Farmed, grown or caught | | Healthy eating: Introduction to the eat well guide and the 5 food groups | |
| | Upper key stage 2 | ½ termly rotation with another subject Year 1 cycle | Cooking: Kitchen dress code and identifying hazards | | Food sources: Learning about food miles and which countries produce key ingredients | | Healthy eating: Cooking with dairy and learning the alternates | |



Long term planning (LTP)

| Key Stage | Pathway Class Group | Cycle Rotation | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---|------------------------|---|---|----------|--|----------|---|----------|
| | Upper key stage 2 | ½ termly rotation with another subject Year 2 cycle | Cooking: Chopping, slicing, peeling grating in baking | | Food sources: Understanding food waste and how we can cut the wastage | | Healthy eating: Maintaining 5 portions of fruit and veg , hidden vegetables in our foods | |
| Key Stage 3 Based on National curriculum | Year 7/8 mixed classes | ½ termly rotation with another subject Year 1 cycle | Basic kitchen safety: Cooking with fruit and how it can be used in breakfast foods: Focus on safe knife skills | | Balanced diet: Balanced diet (knowing the eatwell plate) and preparing dinner time meals | | | |
| | Year 7/8 mixed classes | ½ termly rotation with another subject Year 2 cycle | Basic kitchen safety: Cooking with meat: Focus on clearing and cleaning (use of cleaning fluids) | | Balanced diet: Exploring proteins and preparing lunch time meals | | | |
| | 7/8 Green pathway (3B) | ½ termly rotation with another subject Year 1 cycle | Basic kitchen safety: Identifying key equipment around the kitchen. Large, | | Balanced diet: Identifying likes and dislikes in foods. What can you taste? | | | |



Long term planning (LTP)

| Key Stage | Pathway Class Group | Cycle Rotation | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|-----------|-------------------------------------|---|---|---|--|----------|----------|----------|
| | | | small and medium scale | | | | | |
| | 7/8 Green pathway (3B) | ½ termly rotation with another subject Year 2 cycle | Basic kitchen safety: Understanding a recipe and learning to follow a visual recipe | | Balanced diet: Exploring and identifying sensory vocabulary related to food | | | |
| | PAT group year 7 (taught at ASPIRE) | 1 term worth of teaching (all in Autumn term) | Basic kitchen safety: Cooking with meat: Focus on clearing and cleaning (use of cleaning fluids) | Balanced diet: Exploring proteins and preparing lunch time meals | | | | |
| | Year 9 Higher food (3E/3G) | ½ termly rotation with another subject | Basic kitchen safety: Identifying causes of food-related ill health | | Balanced diet: Identifying energy intake from variety of foods | | | |



Long term planning (LTP)

| Key Stage | Pathway Class Group | Cycle Rotation | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|--|---------------------------|--|---|---|---|--|--|--|
| | Year 9 Green pathway (3F) | ½ termly rotation with another subject | Basic kitchen safety: Identifying causes of food-related ill health | | Balanced diet: Identifying energy intake from variety of foods (exploring the vitamins) | | | |
| Mount Road Based on National curriculum | Year 1 Cycle | Practical lessons only 1 per week | To work safely, follow a recipe and recognise a variety of cooking methods. Presentation of food | | To work safely, follow a recipe and recognise a variety of cooking methods. Food packaging and labelling | | To work safely, follow a recipe and recognise a variety of cooking methods. Boiling, steaming and poaching | |
| | Year 2 Cycle | Practical lessons only 1 per week | To work safely, follow a recipe and recognise a variety of cooking methods. Weighing and measuring | | To work safely, follow a recipe and recognise a variety of cooking methods. Food allergies | | To work safely, follow a recipe and recognise a variety of cooking methods. Grilling, toasting and roasting | |
| | | 1 lesson per week Cycle 1 | AQA unit award scheme: 110003 Entry level | AQA unit award scheme: 110581 Level 1 Preparing | AQA unit award scheme entry level 113071 Basic kitchen skills | AQA unit award scheme: 40623 Entry level Designing and | AQA unit award scheme 108206 Picnic and Buffet foods (E1) | ADDITIONAL AQA Unit award scheme: 71394 Entry Level |



Long term planning (LTP)

| Key Stage | Pathway Class Group | Cycle Rotation | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|--------------------------------------|---------------------|-------------------------------|--|--|--|---|---|---|
| Key Stage 4 AQA unit award scheme | Mixed KS4 groups | | Making rocky Road | and cooking chili chicken | | making a healthy snack product | | Introduction to dishes from around the world |
| | Mixed KS4 groups | 1 lesson per week Cycle 2 | AQA unit award scheme: Level 1 110007 Planning, preparing and making a celebration cake | AQA unit award scheme: LE7524 Level 1 Vegetarian Foods and diets | AQA unit award scheme Level 1 72684 Preparing a healthy breakfast | AQA unit award scheme: 75291 Entry Level Food allergies and intolerances | AQA unit award scheme 75155 Dessert (unit 4) Apple crumble and custard (E1) | ADDITIONAL AQA unit award scheme: 112150 Entry Level Practical cookery skills |
| | 4E | 1 lesson per week Cycle 1 | AQA unit award scheme 113440 Making a cottage pie (E1) | AQA unit award scheme 105838 Making a pizza (E1) | AQA unit award scheme 113071 Kitchen basics (E1) | AQA unit award scheme 105157 Making scones with support (Pre entry level) | AQA unit award scheme 74425 Food hygiene preventing food poisoning (E1) | AQA unit award scheme 72850 Planning and making a pasta meal (E1) |
| | 4E | 1 lesson per week Cycle 2 | AQA unit award scheme 105656 Making an afternoon tea (E1) | AQA unit award scheme 105656 Making an afternoon tea (E1) | AQA unit award scheme 75016 Introduction to dairy foods (E1) | AQA unit award scheme 75155 Dessert (unit 4) Apple crumble and custard (E1) | AQA unit award scheme 108206 Picnic and Buffet foods (E1) | AQA unit award scheme 75491 Making a cheesecake (E1) |
| Key Stage 5 | 5A | 1 lesson every week practical | Foodwise Module 2: Basic Food Safety Challenge 1 Foodwise Module 2; Basic Food Safety – Challenge 9 | | Foodwise Module 2 - Basic Food Safety – Challenge 2 Foodwise Module 2 - Basic Food Safety – Challenge 3 | | Accreditation paperwork for module 2 and 7 | |
| | | every other | | | | | Ability to learn; | |

Commented [AK1]: The main pathways we need to have separate plans for are red and green. Yellow should be used for GCSE level content but may not be relevant.

Commented [AK3]: If Key Stage 5 do not do your subject then please delete these rows.



Long term planning (LTP)

| Key Stage | Pathway Class Group | Cycle Rotation | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|--|---------------------|---|--|----------|---|----------|---|----------|
| (A) ASDAN Foodwise short course (B) AQA unit awards | | Year 1 cycle | Foodwise Module 7- Practical Cooking Skills – Section A challenge 1 <i>Demonstrate a broad range of cooking skills:</i> Preparation: Preparation of fruit and veg, following a recipe, knife skills, accurate weighing and measuring Baking: Melting method Cooking; Boiling/simmering, Frying, Poaching | | Foodwise Module 7- Practical Cooking Skills – Section A challenge 1 Weighing and Measuring/ Following a recipe/Mixing Baking – cakes/biscuits creaming/rubbing-in/melting dough – kneading and proving Cheesecake | | Teamwork Problem solving IT skills Literacy Numeracy | |
| | 5A | 1 lesson every week practical every other Year 2 cycle | Foodwise Module 4 Cooking on a Budget Challenge 9 Find a recipe, list ingredients, cost dish, reduce cost, create, evaluate Challenge 6 – price comparison 20 essential items Challenge 2 - plan and cook a meal 4 for under £8 Challenge 10 choose a cheap cut of meat. Research 3 recipes and cook 1 Autumn/Spring/Summer units will combine throughout the term for some challenges | | Foodwise Module 5 Entertaining Challenge 2 - Plan a celebration dinner based around a festival and create a menu card. Challenge 7 – Find out about traditional British Food and create a display for W,S,E, NI, I Challenge 5 – plan the food for a 5 th Birthday party. Cook one dish. Challenge 4 – As a group plan a coffee morning Summer Term Autumn/Spring/Summer units will combine throughout the term for some challenges | | Foodwise Module 3 Food Preparation and Presentation Challenge 1 – Plan a meal with plenty of fruit and veg for children Challenge 4 – Food Art – research. create 3 simple garnishes and photograph them Challenge 5 – visit a restaurant, watch chefs recreate a dish Challenge 7 – cook a variety of veg in as many ways as you can. Identify which methods retain colour, flavour, nutrients Autumn/Spring/Summer units will combine throughout the term for some challenges | |

Commented [AK4]: If Key Stage 5 do not do your subject then please delete these rows.



Long term planning (LTP)

| Key Stage | Pathway Class Group | Cycle Rotation | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|-----------|---------------------|--|---|--|--|--|--|--|
| | | | | | | | | |
| | 5B | 1 lesson every week practical every other Year 1 cycle | AQA unit award scheme 72030 – Food Handling and Basic Cooking Skills | | AQA unit award scheme 118986 – Cooking on a budget 118774 – Making banana muffins | | AQA unit award scheme 119210 – Baking Pastry 73067 – Preparing and Presenting Party food | |
| | 5B | 1 lesson every week practical every other Year 2 cycle | AQA unit award scheme 108781 – Basic Cooking and Food Hygiene 116368 - Baking Cupcakes | | AQA unit award scheme 118775 – Making and trying different foods 105609 - Planning and preparing a health budget meal | | AQA unit award scheme 119029 – Making Scotch Eggs 115513 – Planning, cooking and sharing meals with a group | |
| Aspire | All groups | 1 lesson per week Cycle 1 | AQA unit award scheme 75491 Making a cheesecake (E1) | AQA unit award scheme 113440 Making a cottage pie (E1) | AQA unit award scheme 105838 Making a pizza (E1) | AQA unit award scheme: 75291 Entry Level Food allergies and intolerances | AQA unit award scheme: 110003 Entry level Making rocky Road | AQA unit award scheme: 110581 Level 1 Preparing and cooking chili chicken |



Long term planning (LTP)

| Key Stage | Pathway Class Group | Cycle Rotation | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|-----------|------------------------|----------------------------------|---|--|---|--|---|---|
| | All groups | 1 lesson per week Cycle 2 | AQA unit award scheme 105157 Making scones with support (Pre entry level) | AQA unit award scheme 75155 Dessert (unit 4) Apple crumble and custard (E1) | AQA unit award scheme 108206 Picnic and Buffet foods (E1) | AQA unit award scheme 113071 Kitchen basics (E1) | AQA unit award scheme: 40623 Entry level Designing and making a healthy snack product | AQA unit award scheme Level 1 72684 Preparing a healthy breakfast |