



Long term planning (LTP)

Food Studies:

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 mealtimes , 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	



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	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 And just year 7 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 And just year 7 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			
	PAT (year 8 group)	Cooking in Spring term (both ½ terms)			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		



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	Year 9 food	½ termly rotation with 2 other subjects	Basic kitchen safety: Identifying causes of food-related ill health		Balanced diet: Identifying energy intake from variety of foods			
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 Making rocky Road	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



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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			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
	Green pathway KS4	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)
	Green pathway KS4	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)

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.



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Key Stage	Pathway Class Group	Cycle Rotation	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Stage 5 AQA unit awards	5A	1 lesson every week	AQA unit award scheme		AQA unit award scheme		AQA unit award scheme	
		practical every other	72030 – Food Handling and Basic Cooking Skills		118986 – Cooking on a budget		119210 – Baking Pastry	
		Year 1 cycle			118774 – Making banana muffins		73067 – Preparing and Presenting Party food	
	5A	1 lesson every week practical every other	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	
Alternative provision	Angel Hill College	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	

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

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

Aspire



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	Autumn	Spring	Summer	
LTP Aspire	Purchasing Food £10 per student per term	Cooking with and for others £10 per student per term	Cooking on a budget £10 per student per term	
	Healthy Eating			
<p>Due to SEMH needs and mixed form classes, these students benefit from a spiral curriculum building and consolidating skills and project-based learning that allows staff to meet them in the areas of interest and at their individual level of prior attainment.</p> <p>Staff assess and progress learning through a carefully designed and sequenced program that is open ended to ensure no ceiling is placed on our learners and every student experiences success and has the core skills required to prepare food and make healthy choices.</p>				
	PURCHASING FOOD	COOKING FOR AND WITH OTHERS	COOKING ON A BUDGET	HEALTHY EATING
Pre – Entry (7-8)	74314 SHOPPING IN A FOOD SUPERMARKET WITH SUPPORT Level: Pre-Entry Level AQA Unit Award Scheme Shopping In A Food Supermarket With Support	Pre-Entry 112800 PREPARING SIMPLE MEALS WITH SUPPORT AQA Unit Award Scheme Preparing Simple Meals With Support	115788 BUDGETING FOR AND COOKING HEALTHY MEALS WITH SUPPORT AQA Unit Award Scheme Budgeting For And Cooking Healthy Meals With Support	117719 INTRODUCTION TO HEALTHY EATING WITH SUPPORT Level: Pre-Entry Level Evidence required AQA Unit Award Scheme Introduction To Healthy Eating With Support
Entry (9)	84544 SHOPPING IN A FOOD SUPERMARKET Level: Entry Level AQA Unit Award Scheme Shopping In A Food Supermarket	85238 PREPARING SIMPLE MEALS Level: Entry Level AQA Unit Award Scheme Preparing Simple Meals	115692 COOKING ON A BUDGET Entry-Level Evidence required AQA Unit Award Scheme Cooking On A Budget	90841 LIFE SKILLS: INTRODUCTION TO HEALTHY EATING Level: Entry Level Evidence required AQA Unit Award Scheme Life Skills Introduction To Healthy Eating
Above Entry (10-11)	115226 INTRODUCTION TO FOOD CITIZENSHIP Level: Level One	112964 APPLYING HOME MANAGEMENT SKILLS: PREPARING HEALTHY MEALS Level: Level One	119410 PREPARING AND COOKING MEALS ON A BUDGET Level: Level One	115873 HEALTHY EATING: FOOD AND MOOD Level: Level One



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	AQA Unit Award Scheme Introduction To Food Citizenship	AQA Unit Award Scheme Applying Home Management Skills Preparing Healthy Meals	AQA Unit Award Scheme Preparing And Cooking Meals On A Budget	AQA Unit Award Scheme Healthy Eating Food And Mood
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