

# Elms Bank Long Term Plan



**Key to Pathways:**

Inspire	
Explore	
Thrive	

FOOD TECHNOLOGY	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Inspire Pathway</b>						
<b>Year 7</b>	<u>Mini Skills Project</u> <ul style="list-style-type: none"> <li>Introduction to Food Technology</li> <li>Developing basic food skills, peeling, chopping, grating, slicing</li> <li>Using basic kitchen equipment including graters, knives, kettle, grill</li> <li>Recipes include Fruit salad, Dippy Divers, Coleslaw</li> </ul>		<u>Super Snacks</u> <ul style="list-style-type: none"> <li>Pupils learn how to make healthy snacks</li> <li>Introduction to the Eatwell plate</li> <li>Pupils develop their skills to include weighing, baking</li> <li>Recipes include potato wedges, vegetable soup, pitta pizzas</li> </ul>		<u>Where our food comes from?</u> <ul style="list-style-type: none"> <li>Introduction to where our food comes from?</li> <li>Pupils look at if food come from an animal or plant</li> <li>Pupils are introduced to local and seasonal foods</li> <li>Pupils make recipe that include Manchester tart, cress heads, mini quiche</li> </ul>	
<b>Year 8</b>	<u>Healthy Eating Project</u> <ul style="list-style-type: none"> <li>Introduction to the 8 tips for Healthy Eating</li> <li>In-depth look at the Eatwell Plate</li> <li>Pupils build on their independence of using the hob</li> <li>Recipes include cobbler, lentil and vegetable bake</li> </ul>		<u>Foods From around the world</u> <ul style="list-style-type: none"> <li>Introduction of recipes for foods around the world</li> <li>Pupils will make food from around the world focusing on one a different country each week</li> <li>Recipes include Pizza, American Cookies, Swedish Meatballs</li> </ul>		<u>Foods Symbols</u> <ul style="list-style-type: none"> <li>Introduction of important food symbols that pupils can see everyday</li> <li>Pupil will make foods that linked to the symbols.</li> <li>Recipes include Fairtrade banana flapjack, Sustainable fish chowder.</li> </ul>	
<b>Year 9</b>	<u>Bread Project</u> <ul style="list-style-type: none"> <li>Pupils will explore the ingredients to make bread</li> <li>Pupils will make a variety of different bread including bread rolls, garlic bread.</li> </ul>	<u>Cake Project</u> <ul style="list-style-type: none"> <li>Pupils will explore the ingredient to make a cake</li> <li>Pupils will make a variety of different cakes including Victoria sponge, brownies</li> </ul>	<u>Special Diets</u> <ul style="list-style-type: none"> <li>Pupils will look at range of special diets including vegetarian, vegan and gluten free</li> <li>Pupils will explore specialist ingredients such as gluten free flour</li> <li>Pupils will make recipes that include gluten free focaccia bread, vegetable burgers</li> </ul>		<u>Party Food Project</u> <ul style="list-style-type: none"> <li>Pupils will look at different celebrations and foods served at these celebrations.</li> <li>Pupils will explore foods served at birthdays, weddings etc.</li> <li>Pupils will make a range of party foods which include sausage rolls, cupcakes, birthday cake etc..</li> </ul>	

<p><b>Year 10 GCSE</b></p>	<p><u>GCSE Food Preparation and Nutrition</u> Introduction to the course. Pupils will refresh their skills in basic food hygiene and health &amp; safety. Pupils will study the topic of food commodities making a range of recipes including meat, fish, pasta, fruit and vegetables.  Pupils will also carry out experiments on ingredients.</p>	<p><u>Food Spoilage, Food Storage and temperature control.</u> Pupils will study  *How to store foods correctly *the importance of date-marks, labelling of food products *identify storage and preparation *the growth conditions, ways of prevention and control methods for enzyme action, mould growth and yeast production *preservation methods 8temperature control</p>	<p><u>Macro and Micro nutrients.</u> Pupils will look at the RDI of carbohydrate, protein and fat.  Pupils will study how energy requirements change through different stages of our life's. Pupils will carry out practical work that looks at the effects of cooking different ingredients.</p>	<p><u>Diet and Good Health</u>  Pupils will be studying the topic of planning a balanced meal.  Pupils will be studying special diets which include  <ul style="list-style-type: none"> <li>• Diabetes</li> <li>• Vegetarians</li> <li>• Vegan</li> </ul> </p>	<p><u>Food Provenance and Manufacture</u>  Pupils will study where our food comes from?  <ul style="list-style-type: none"> <li>• Food Miles</li> <li>• Sustainability</li> <li>• Impact of food packing on the environment</li> </ul> </p>	<p><u>Food factors affecting choice?</u> Pupils will study  <ul style="list-style-type: none"> <li>• Sensory descriptors</li> <li>• seasonality</li> <li>• costs,</li> <li>• celebrations and cultures</li> <li>• choices that people make about certain foods according to religion, culture, ethical belief, medical reasons or personal choices</li> </ul> </p>
<p><b>Year 11- GCSE</b></p>	<p><u>Controlled Assessment.</u> The task will be released each year in year 11. A Food Investigation will be set that will require each learner to: (a) research and plan the task (b) investigate the working characteristics, function and chemical properties of ingredients through practical experimentation and use the findings to achieve a particular</p>	<p><u>Controlled Assessment</u> This assessment will require learners to: Plan, prepare, cook and present a selection of dishes, to meet particular requirements such as a dietary need, lifestyle choice or specific context. Two options for this assessment will be set by WJEC Eduqas that will require the learners to (a) investigate and plan the task, select a final menu to be produced to showcase skills and produce a plan of action for the practical execution of the dishes (to include trialling and testing) (b) Prepare, cook and present a menu of three dishes within a single session. (c) evaluate the selection, preparation, cooking and presentation of the three dishes (ii) produce a folio of evidence which includes documentation related to the selection of dishes, planning and evaluation and</p>	<p><u>Revision</u> Pupils will revise all topics studied throughout the year. Pupils will look at exam techniques. Pupils will complete practice exam papers</p>	<p><u>Exam</u> Pupils will complete an examination set by the exam board</p>		

	result (c) analyse and evaluate the task	photographs and/or visual recordings which demonstrate the learner's application of technical skills and the final outcomes			
<b>Year 11 GCSE 2016/17</b>	<u>Controlled Assessment</u> Pupils will be introduced to the task of international cuisine.  Pupils will spend this half term trailing recipes they would like to make for their controlled assessment	<u>Controlled Assessment</u> Pupils will complete work towards their controlled assessment. <ul style="list-style-type: none"><li>• Pupils will complete research of their chosen country</li><li>• Pupils will complete a time plan for their two course meal.</li><li>• Pupils will make a two course meal.</li><li>• Pupils will complete nutritional analysis and costing for their two course meal.</li><li>• Pupils will evaluate their work.</li></ul>	<u>Revision</u> Pupils will revise all topics studied throughout the year. Pupils will look at exam techniques. Pupils will complete practice exam papers	<u>Exam</u>	
<b>Explore Pathway</b>					
	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b> <b>Summer 2</b>
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<p><b>Year 10- BTEC Home Cooking Level 1 and 2</b></p>	<p>Pupils will be studying the topic of breakfast and recapping on health and safety. Pupils will make recipes that include egg bread, cereal bar porridge,</p>	<p>Pupils will be studying the topic of Eggs and Brilliant baking. Pupils will make recipes that include scrambled egg on toast, fried egg on toast, Butterfly cakes with buttercream icing, Victoria sponge</p>	<p>Pupils will be studying the topic of stews. Pupils will be making recipes that include Vegetable curry, Mince beef stew, Leek and potato soup, Tomato soup, Toad in the hole</p>	<p>Pupils will be studying the topic of meat and BBQ Food. Recipes include spaghetti Bolognese, Chili and rice, meatballs and pasta, Vegetable and Halloumi kebab</p>	<p>Pupils will be studying the topic of fish. Pupils will make recipes that include Baked fish, pesto and greens beans, Baked white fish in tomato sauce Summer tray bake salmon</p>	<p>Pupils will be studying the topic of potatoes and puddings. Pupils will make recipes that include Sweet potato with mozzarella filling, Jacket potato with prawns, Mini jacket potatoes with beetroot and cottage cheese, Fruit crumble, Bread and butter pudding</p>
<p><b>Year 11- BTEC Home Cooking Level 1 and 2</b></p>	<p>Pupils will complete their controlled assessment. Completing accreditation in BTEC Level 1 or 2 Home Cooking Award.</p>	<p>Pupils will complete their controlled assessment. Completing accreditation in BTEC Level 1 or 2 Home Cooking Award.</p>	<p>Pupils will be studying the topic of bread, rice and pasta. Recipes include Basic tomato sauce and spaghetti, Spinach tagliatelle, Bread sticks, Easy flatbreads, Garlic and rosemary.</p>	<p>Pupils will be studying the topic of packed lunches. Recipes will include Sausage roll, Mini quiche, Triple decker sandwich, flapjack</p>	<p>Pupils will be studying the topic of summer party food. Pupils will make recipes that include Bread sticks, Pin wheels, Bread rolls, Tray bake sponge</p>	<p>Pupils will be studying the topic of summer party food. Pupils will make recipes that include Chicken nuggets, Potato wedges, Garlic bread, Pizza</p>

<b>College Pathway</b>			
<b>ASDAN and HOSPITALITY</b>	<b>Autumn</b>	<b>Spring</b>	<b>Summer 1</b>
<b>College Pathway Thrive Yr 12 - 14</b>	Elms Bank College Students experience food preparation, food play, and keeping clean. Students will achieve Asdan PPQ.		