



Elms Bank
School & College

Excellence for All

Food Technology

Long Term Plan – Explore KS3

	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Key Stage 3	<ul style="list-style-type: none"> • Introduction to food technology • Basic food skills • Health and safety in the kitchen • Healthy eating • Celebration food 		<ul style="list-style-type: none"> • Commodities (fruits and vegetables) • Commodities (Fish, meats and alternative options) • Vitamins and minerals • Senses • Bread 		<ul style="list-style-type: none"> • Cake Making • Bread Making • Sauce making 	Play / Wellbeing Curriculum