



Elms Bank
School & College

Excellence for All

Food Technology

Long Term Plan – Inspire 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 • Bread • Healthy eating • Foods from around the world • Commodities (a trip around the Eatwell plate) 		<ul style="list-style-type: none"> • Bread • Vitamins and minerals • Commodities (Fruits and vegetables) • Senses and sensory analysis • Commodities (fish meat, alternative proteins) 		<ul style="list-style-type: none"> • Caking Making • Bread Making • Sauce Making 	Play / Wellbeing Curriculum