



Food Technology

Long Term Plan – Nurture 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 • Using basic kitchen equipment • Food waste and mould • Healthy Eating • Gelatinisation • Micro and macro nutrients • Special diets including vegetarian, vegan and gluten free • Function of eggs in cooking • Celebration Food • HACCAP • Food Poisoning | | <ul style="list-style-type: none"> • Food Miles, sustainability, carbon footprint • Where food comes from • Local and Seasonal Food • Enzymatic browning • Foods from around the world • Sauce thickening • The Science of Bread Making • Dextrinsation | | <ul style="list-style-type: none"> • Eatwell Guide • Taste perceptions • Cooking at different temperatures • Food Storage • Food Symbols • Food Manufacture • Food Preservation • Coagulation • Raising Agents • Caramelisatio | Play / Wellbeing Curriculum |