

## Year 1:

### Medium Term Plan- Autumn Term 1

#### Healthy food and Healthy Lifestyle

Autumn 1: Establishing a new concept of promoting healthy eating, healthy diet and begin to develop the understanding about food science. The covered topics will ensure that pupils cultivate the understanding of these three areas this term. Children will perform practical every fortnight, which contain all simple but healthy recipes. Children will also develop the understanding of health benefits of the food they will cook, will have an opportunity to evaluate their recipes and look at the nutritional value of ingredients. Additionally, they will look into different ways of cooking same ingredients and

#### Week 1:

**09-09-19 Introduction of cooking lessons, Health & safety, equipment introduction, partice and lesson routines.**  
**They will be shown different equipment around the room and names will introduced to them.**

#### Week 2:

16-09-19

- Introduce the cooking room to children, show them around and explain how to be careful whilst using the cooking room. Health and safety, hygiene rules and use of equipment will be explained.
- How to work together will be focused.
- Discuss why the chosen ingredients are healthy?
- Design/draw their own fruit kebabs

#### Week 3:

23-09-19

- How to get ready for cooking, get the equipment and putting them back once they are finished.
- Partice: Fruit cutting techniques
- Using bridge skills, using different equipment

#### Week 4:

30-09-19

- What are fruit kebabs, how do we make them.
- Demonstrate how to make a fruit kebab.
- Discussion on why Fruit Kebabs are healthy.
- Skills to Develop: Threading and cutting skills

#### Week 5:

7-10-19

Practical: Fruit Kebabs

Skills to develop:

- Learning cutting and threading skills.
- How to cut fruits using a bridge method.

#### Week 6:

14-10-19

- Discuss the previous week practical. Was healthy or unhealthy?
- Choose an alternative healthy sandwich ingredients.
- Explain where food/ingredients come from (bread, jam and margarine)
- Explain the steps they will follow.

- Activity- stick the instruction (pictures) in a write order.

Week 7-

21-10-19

Practical: Simple Jam Sandwich

- Recall the steps of how to get ready for the practical, getting equipment and how to put them away.
- Where do food come from (develop further understanding).
- Support them to make a simple sandwich.

## Year 2:

### Medium Term Plan- Autumn Term 1

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Week 1:  
09-09-19

- Introduction of new format of Food Technology lessons. Why children will not be cooking every week.
- Look into healthy life style and healthy dishes.
- Think of a healthy snacks.
- Pupil voice, what they want to learn and what does healthy food mean to them.

Week 2:  
16-09-19

- Introduction of a chosen recipe ( Fruit Kebabs)
- Ingredients that will be used in the recipe. Health benefits of these ingredients.
- Discussion and dialogic talk to express their opinions.
- Consolidate children's learning by recalling the cutting and threading method (by modelling)
- Activity: Work on writing recipe so pupils will be aware of what steps to follow to make their recipe.
- Draw their own fruit kebabs.

Week 3:  
23-09-19

Practical: Fruit Kebabs  
Skills to develop:

- Enhancing cutting and threading skills further.
- Focus on working together and follow cooking room rules.

Week 4:  
30-09-19

- Discussion on previous week recipe.
- Discuss how to use fruit differently (fruit salads, smoothies).
- Next week recipe introduction (fruit smoothie).
- Look at the health benefits of the fruits drinks.
- Activity:

Week 5:  
7-10-19

- Practical: Strawberry and Raspberry smoothie.
- Skills to Develop further: Cutting soft fruit carefully, mixing and pouring.
- Working together.

Week 6:  
14-10-19

- Discuss the previous week recipe.
- Why the last week recipe was healthy/unhealthy?
- Teach children that how by changing one ingredient can change the taste of your smoothie.
- Choose a different fruit to make another fruit drink (give them option and allow children to make that choice).
- Explain the benefits of both choices of fruit drinks
- Activity: Order the recipe instruction using picture support and reading simple instructions.

Week 7:  
21-09-19

- Practical: Banana and strawberry smoothie (Mixing, pouring through sieve).
- How to work together by using your learning power (Tim and Tina).

## Year 3:

### Medium Term Plan- Autumn Term 1

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#### Week 1:

09-09-10

- Introduction of new format of Food Technology lessons. Discuss why we have changed the lesson format.
- Look at Healthy lifestyle, discuss different healthy/unhealthy food concepts.
- Look at healthy snacks.
- Look at the healthy menu to develop the understanding of what does healthy meal look like.
- Discuss  $\frac{1}{2}$  healthy food.
- Record pupil voice.

#### Week 2:

16-09-19

- Introduction of a recipe children will cook the following week (Cheese Sandwich).
- Look at the health benefits, ingredients and food facts.
- Where does cheese come from? Look at different types of cheese.
- Children will have an opportunity to write down their recipe and make their instruction sheet.

#### Week 3:

23-09-19

- Practical: Cheese Sandwich
- Skills to Develop: spreading skills, cutting soft food and arranging ingredients.

#### Week 4:

30-09-19

- Discuss previous week recipe. Was it healthy/unhealthy, discuss their answers (dialogic talk).
- Introduce next week recipe (Cheese toast).
- Develop the importance of using healthy amount of cheese. Children will investigate if the grated cheese weigh same as the block of cheese.
- Children will write their investigation procedure and results.
- Explain the healthy amount of cheese

Week 5:

7-10-19

Practical:

Cheese and tomato toasty. Skills to develop: Grating, cutting soft bread, learn to use grill safely.

The healthy amount of cheese

Week 6:

14-10-19

- Previous week recipe review.
- Children will evaluate their recipe (2 stars and a wish sheet).
- Look at how can we make a different recipe by adding different ingredient into the previous recipe.
- Discuss the similarities and differences of the recipe.
- Introduce and discuss the next week recipe (Beans on Toast, with less cheese).
- Children will explore/find out about what ingredients are present in beans can.
- Children will write down their recipe evaluation and make plan for the next recipe. Look at the benefits of the next week recipe.

Week 7:

21-10-19

- Practical: Beans on Toast (use of microwave safely, use of grill with an adult supervision, spreading warm ingredient).
- Working together and following cooking class rule.

## Year 4

### Medium Term Plan- Autumn Term 1

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#### **Week 1:** 09-09-10

- Introduction of new format of Food Technology lessons. Discuss why we have changed the lesson format.
- Look at Healthy lifestyle, discuss different healthy/unhealthy food concepts.
- Look at healthy snacks.
- Look at the healthy menu to develop the understanding of what does healthy meal look like.
- Discuss  $\frac{1}{2}$  healthy food.
- Record pupil voice.

#### **Week 2:** 16-09-19

- Introduction of a recipe children will cook the following week (Cheese Sandwich).
- Look at the health benefits, ingredients and food facts.
- Where does cheese come from? Look at different types of cheese.
- Children will have an opportunity to write down their recipe and make their instruction sheet.

Week 3:  
23-09-19

- Practical: Cheese Sandwich
- Skills to Develop: spreading skills, cutting soft food and arranging ingredients.

Week 4:  
30-09-19

- Discuss previous week recipe. Was it healthy/unhealthy, discuss their answers (dialogic talk).
- Children will evaluate their recipe.
- Introduce next week recipe (Cheese toast).
- Develop the importance of using healthy amount of cheese. Children will investigate if the grated cheese weigh same as the block of cheese.
- Children will write their investigation procedure and results.
- Explain the healthy amount of cheese

Week 5:  
7-10-19

Practical:

Cheese and tomato toasty. Skills to develop: Grating, cutting soft bread, learn to use grill safely.

The healthy amount of cheese

Week 6:  
14-10-19

- Previous week recipe review.
- Children will have an opportunity to evaluate their last week recipe
- Look at how can we make a different recipe by adding different ingredient into the previous recipe.
- Discuss the similarities and differences of the recipe.
- Discuss the next week recipe (Beans on Toast, with less cheese).
- Children will explore/find out about what ingredients are present in beans can.
- Children will write down their recipe evaluation and make plan for the next recipe. Look at the benefits of the next week recipe.

Week 7:  
21-10-19

- Practical: Beans on Toast (use of microwave safely, use of grill with an adult supervision, spreading warm ingredient carefully).
- Working together and following cooking class rule.



## Year 5

Medium Term Plan- Autumn Term 1

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**Week 1:**  
**09-09-19**

- Introduction of new Food Technology lesson format. Explain why we have chosen to change the lesson format.
- Learn the effects of eating healthy and unhealthy food.
- Look at eating right quantity, why is it important.
- Pupil to think of a healthy food ideas and what should they consider when thinking of healthy food (eat well guide, include 5 groups of food).
- Record pupil voice.

Week 2:  
16-09-19

- Introduce the recipe children will cook the following week (Hummus with Cucumber Slices)
- Look at the nutritional facts of the ingredients children will use.
- Health benefits and eating the right amount of food will be discussed.
- Children will learn the steps of cooking.
- Explain to children that will be making their own cooking plan (introduce the idea of cooking/recipe plan).
- Teach how to add different steps that will help them to follow the recipe independently.

Week 3:  
23-09-19

Practical: Hummus with Cucumber/pitta bread

Skills to Develop: Blending, cutting using bridge method, mixing and serving.

Week 4:  
30-09-19

- Discuss the previous recipe. Dialogic talk (between two group of children) if the recipe was beneficial for health and why.
- Children will have an opportunity to evaluate the previous recipe by using their senses.
- Children will have an opportunity to understand what is healthy life style and the difference between health food and healthy life style.
- Look at the nutritional value of different fruit and vegetables, and discuss how they can be included in our meals.
- Introduction of next week recipe, children will write the recipe instruction so they are prepare for next week (chickpeas and kidney beans salad).
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Week 5:  
7-10-19

- Practical: Chickpeas and kidney beans Salad with vegetables.
- Skills to develop: Cutting safely, Mixing and assembling different ingredients.
- Work together and follow cooking class rules.

Week 6:  
14-10-19

- Previous week recipe review, if it was healthy/unhealthy.
- Children will write recipe evaluation (scoring their recipe).
- Different healthy food options for main meals. Look at the nutritional value of different food. Challenge them with to plan the meal for dinner. Ingredients they will use in those meals (healthy/unhealthy).
- Introduction of next week recipe (Greek Pita Pockets).
- Explain to children that they have to write down the recipe in their own words and soon they will make their own recipe cards without directed sheets.
- Encourage to use their learning powers.

Week 7:  
21-10-19

- Practical: Greek Pita Pockets.
- Skills to develop: Cutting Pitta bread carefully, cutting/preparing vegetables, spreading and arranging the ingredients.
- Encourage children to use their learning powers (Tim and Tina).
- Staying in groups.

## **Year 6**

Medium Term Plan- Autumn Term 1

### Healthy food and Healthy Lifestyle

Autumn 1: Establishing a new concept of promoting healthy eating, healthy diet and begin to develop the understanding about food science. The covered topics will ensure that pupils cultivate the understanding of these three areas this term. Children will perform practical every fortnight, which contain all simple but healthy recipes. Children will also develop the understanding of health benefits of the food they will cook, they will have opportunity to evaluate their recipes and look

at the nutritional value of ingredients. Additionally, they will look into different ways of cooking same ingredients and

**Week 1:**  
**09-09-19**

- Introduction of new Food Technology lesson format. Explain why we have chosen to change the lesson format.
- Learn the effects of eating healthy and unhealthy food.
- Look at eating right quantity, why is it important.
- Pupil to think of a healthy food ideas and what should they consider when thinking of healthy food (eat well guide, include 5 groups of food).
- Record pupil voice.

**Week 2:**  
**16-09-19**

- Introduce the recipe children will cook the following week (Hummus with Cucumber Slices)
- Look at the nutritional facts of the ingredients children will use.
- Health benefits and eating the right amount of food will be discussed.
- Children will learn the steps of cooking.
- Explain to children that will be making their own cooking plan (introduce the idea of cooking/recipe plan).
- Teach how to add different steps that will help them to follow the recipe independently.

**Week 3:**  
**23-09-19**

Practical: Hummus with Cucumber/pitta bread  
Skills to Develop: Blending, cutting using bridge method, mixing and serving.

**Week 4:**  
**30-09-19**

- Discuss the previous recipe. Dialogic talk (between two group of children) if the recipe was beneficial for health and why.
- Children will have an opportunity to evaluate the previous recipe by using their senses.
- Children will have an opportunity to understand what is healthy life style and the difference between health food and healthy life style.
- Look at the nutritional value of different fruit and vegetables, and discuss how they can be included in our meals.
- Introduction of next week recipe, children will write the recipe instruction so they are prepare for next week (chickpeas and kidney beans salad).
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**Week 5:**  
**7-10-19**

- Practical: Chickpeas and kidney beans Salad with vegetables.
- Skills to develop: Cutting safely, Mixing and assembling different ingredients.
- Work together and follow cooking class rules.

Week 6:  
14-10-19

- Previous week recipe review, if it was healthy/unhealthy.
- Children will write recipe evaluation (scoring their recipe).
- Different healthy food options for main meals. Look at the nutritional value of different food. Challenge them with to plan the meal for dinner. Ingredients they will use in those meals (healthy/unhealthy).
- Introduction of next week recipe (Greek Pita Pockets).
- Explain to children that they have to write down the recipe in their own words and soon they will make their own recipe cards without directed sheets.
- Encourage to use their learning powers.

Week 7:  
21-10-19

- Practical: Greek Pita Pockets.
- Skills to develop: Cutting Pitta bread carefully, cutting/preparing vegetables, spreading and arranging the ingredients.
- Encourage children to use their learning powers (Tim and Tina).