

Key Stage 1 & 2 DT Food Long Term Plan

Session 1 & 2	Session 3 & 4	Session 5 & 7	Session 6 & 8	Session 9 & 10	Session 11 & Learners' food wishes
Healthy breakfast	Healthy snacks	Fruity and veggie	Big meal deal	Go Italian	At the seaside
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Kitchen and food safety/Equipment</p> <p>Breakfast is an important meal that should be eaten everyday and include food and a drink. The main activity, 'Have a go', involves preparing a healthy breakfast smoothie where children will learn about getting ready to cook, the ingredients, food preparation skills and how to make a smoothie.</p> <p>The importance of having something healthy to eat and drink everyday for breakfast. The main activity, 'Have a go', involves selecting and adding a topping to toast. Children will taste different toppings, choose their favourite</p>	<p>Kitchen and food safety/Equipment</p> <p>Healthy snacks which include fruit and vegetables. In the main activity, 'Have a go', the children will learn that dips and dippers can be eaten as a healthy snack. They will learn how to make a simple dip, with dippers, and how to present it attractively.</p> <p>Scones can be eaten as a healthy snack and that different ingredients can be added to scones. The main activity, 'Have a go', involves the children learning how to make scones by rubbing-in, pressing</p>	<p>Food groups</p> <p>Lots of the foods we eat are grown and come from plants. The main activity, 'Have a go', involves the children learning how to make a crunchy vegetable salad and develop their cutting and grating skills.</p> <p>Learners will understand that there are many different types of fruit. The main activity, 'Have a go', involves the children tasting some unusual fruits and learning how to make a fruit salad by peeling, cutting with a knife and combining ingredients. Learners will have a chance of using the fruit juice extractor</p>	<p>Food Groups</p> <p>Learners will understand what pizza is made from and that it is a dish that originates from Italy. The main activity, 'Have a go', involves the children learning how to make pizzas and develop their spreading, grating and assembling skills.</p> <p>Learners will understand that there are many different types of vegetables, and that eating lots of different vegetables helps to keep us healthy. They will learn that soup is a dish which can be made from vegetables. The main activity, 'Have a go', involves the children helping to make a vegetable soup by washing and preparing a selection of different</p>	<p>Be active – Move it</p> <p>Learners will understand that there are many different types of pasta. Pasta can be used to make many different types of meals. The main activity 'Have a go', involves children creating a cold pasta salad by preparing and mixing the ingredients together.</p> <p>Learners will understand that bread is eaten all over the world in different forms. The main activity, 'Have a go', involves children making their own bread and developing their kneading and shaping skills or using a bread machine</p>	<p>Be active – Move it</p> <p>Learner will understand that are lots of different types of fish which can be used to make a variety of dishes. The main activity, 'Have a go', involves learning how to prepare a simple dish called 'seaside salad' based on a prawn cocktail. The 'Consolidate' activity involves children 'fishing' to catch fish for different dishes.</p> <p>Learners will understand what happens to food when we freeze it by making ice cream and ice lollies – using an ice cream machine</p>

and prepare their own toast with the topping. They will re-cap on how to get ready to cook and explore equipment vocabulary.	and cutting-out.		vegetables.		
Suggested recipes	Suggested recipes	Suggested recipes	Suggested recipes	Suggested recipes	Suggested recipes
Smoothies	Dips and dippers (fruit and veg)	Vegetable salads	Pizza	Pasta salads	Tuna salad
Toasts with topping	Scones	Fruit salads	Soups	Different breads – rolls, fruit plait	Ice cream
Cereals and yogurts	Sandwich wraps	Fruit kebabs	Stuffed cooked vegetables – potato faces/purrfect mushrooms	Cheese straws	Ice lollies
Pancakes	Pitta pockets	Fruit juices			Traffic light lollies
		Jelly fruits			

This plan is based on the Licence to Cook – Food a fact of Life programme for 3 to 5 year olds. The website is as follows:

<http://www.foodfactoflife.org.uk/Sheet.aspx?siteId=19§ionId=108&contentId=491>

Each term has a topic and main theory input, for example in the Autumn term learners will be finding out about Kitchen/ Food Safety and Equipment. It's up to you how you want to incorporate it in your lessons. Some of the recipes come from another excellent website with pictorial recipes:

<http://www.greatgrubclub.com/home>

For the last theory topic- Be active – Move it - you can use this website

If you go to the 3-5 years section you can access the leader's guide, please read it before you start cooking with your learners. The whole year comprises of 11 sessions. There are different activities in each section and some very good resources. I suggested some recipes but it's up to you if you want to follow it or not. The only thing to remember is to fit the recipes into the topic so learners start from very easy, simple recipes and move on gradually to more complicated ones.

I put together a variety of recipes for lower and higher ability learners. Key Stage 1 learners will not be able to complete all of it but should try to have a go at something from each session.

If the session is too short then you need to liaise with the Science Technician about prepping the ingredients. Some of the steps can be done by Barry before your lesson.

Please give all the recipes and list of ingredients for each lesson to Barry Pope, the Science Technician at the beginning of each term. Please remember to do that to avoid buying unnecessary food and wasting it in a longer run, as there is a lot of groups that need to cook and we need to stick to the budget. If you have any questions please come and see me or Barry. I

Good Luck!

Thank you

Magda Diuczko

St George Class