

Long Term Plan – DT and Catering KS3 Rotation (2025-26)

<p>Vision: In KS3 students are taught DT and Catering on a termly rotation. This enables the students to be taught a variety of projects by a specialist teacher. Students are given the opportunity to explore food and nutrition, woodworking skills, CAD and engineering. Food is an essential part of everyone's lives, and it is vital that students are taught how to cook, prepare food healthily and what a healthy diet should look like, especially when obesity is on the rise in children under 16. Cooking is a life skill; everyone should be able to cook a meal so they can look after themselves in later life. Students are taught how to adapt recipes to make them suitable for their lifestyle and explore foods from cultures they may not get the chance to sample otherwise. Students are given the opportunity to develop skills that will lead to a love of food and cooking and lay foundations for a career in the food industry.</p>							<p>Year End Points</p>
	<p>RT1 HT1 (7W) Catering LRA</p>	<p>RT1 HT2 (7W) Catering LRA</p>	<p>RT2 HT3 D&T TWI</p>	<p>RT2 HT4 D&T TWI</p>	<p>RT3 HT5 D&T ZKE</p>	<p>RT3 HT6 D&T ZKE</p>	
<p>Year 7</p>	<p>Introduction to catering, Hazards, hygiene, safety and equipment. Weighing measuring and developing practical skills. MTP1</p>	<p>Development of practical knowledge and skills, rubbing in, all in one method, knife usage and safety, food waste and budgeting. MTP1</p>	<p>See KS3 Design Technology LTP</p>	<p>See KS3 Design Technology LTP</p>	<p>See KS3 Design Technology LTP</p>	<p>See KS3 Design Technology LTP</p>	<p>By the end of year 7 students will have a good understanding of the health and safety requirements for catering and DT and will be able to demonstrate them as part of their routine in the classroom. Students will be able to recognise hazards and explain how they are dangerous and can be prevented or reduced to prevent harm. In catering students will be able to demonstrate basic practical skills and have developed the building blocks for later practical learning in years 8 and 9. Knife skills will be in development, and they will have experienced using the cooker/hob independently. Students will have experimented with weights and measures and will be confidently measuring ingredients. They will have been introduced to the Eatwell Guide and be able to recognise a healthy meal and suggest ways that food waste can be reduced to reduce individuals CO2 footprint and help family budgets. Students will also discuss foods sensory qualities and understand how these qualities are important in the decision process for choosing foods.</p>
<p>Year 8</p>	<p>The Eatwell Guide and Nutrition and Practical skill development MTP1 Importance of healthy eating and purpose of nutrients within the diet</p>	<p>Practical skill development, including knife skills, using cookers, making meals suitable for a family. Dishes are linked to their main nutrient</p>	<p>See KS3 Design Technology LTP</p>	<p>See KS3 Design Technology LTP</p>	<p>See KS3 Design Technology LTP</p>	<p>See KS3 Design Technology LTP</p>	<p>In catering students should be able to demonstrate the confident use of knives and hobs. They should be able to handle raw meat with confidence or handle vegetarian alternatives and be able to amend a recipe to make it suitable for a vegetarian. Students will be cooking a predominantly savoury repertoire and demonstrating medium level skills to cook meals suitable for their family. Recipes will be affordable and reflect the multicultural society we live in. In theory lessons students will have been introduced the main nutrients needed in the diet and explored why they are needed as part of a healthy diet, they will use this knowledge to explore and respond to an internal brief and produce a written assessment piece highlighting the nutritional needs of an average person and giving examples of how this can be achieved.</p>
<p>Year 9</p>	<p>HACCP and Reasons for Choice MTP 1 HACCP and safety, factors influencing choices Practical lead High Skill Development</p>	<p>Practical lead High Skill Development MTP 1</p>	<p>See KS3 Design Technology LTP</p>	<p>See KS3 Design Technology LTP</p>	<p>See KS3 Design Technology LTP</p>	<p>See KS3 Design Technology LTP</p>	<p>Year 9 catering students will be given the opportunity to demonstrate their independent learning skills by completing a project on reasons for choice as flipped learning. In practical lessons, year 9 catering students will be practising and demonstrating high level skills, they will be using the cookers and ovens independently and confidently, amending recipes to make them suitable for their families and incorporating HACCP into their practise. They will explore factors relating to food choices and this will be related to the practical dishes taught.</p>