

Long Term Plan – Catering KS3 Rotation (2026-27)

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.							Year End Points
	RT1 HT1 (7W) Catering LRA	RT1 HT2 (7W) Catering LRA	RT2 HT3 D&T TWI	RT2 HT4 D&T TWI	RT3 HT5 D&T ZKE	RT3 HT6 D&T ZKE	
Year 7	Introduction to catering, Hazards, hygiene, safety and equipment. Weighing measuring and developing practical skills. MTP1	Development of practical knowledge and skills, rubbing in, all in one method, knife usage and safety, food waste and budgeting. MTP1					
Year 8	The Eatwell Guide and Nutrients MTP 1 Importance of healthy eating and nutrients in the diet Skills Development MTP2 Practical lessons developing knife skills, cooking skills linked to nutrient						
Year 9	HACCP and Reasons for Choice MTP 1 HACCP and safety, factors influencing choices Practical lead Skill Development MTP 2 High level skill development						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. 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 presentation highlighting the nutritional needs of an average person and giving examples of how this can be achieved. 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 independently and confidently, amending recipes to make them suitable for their families and incorporating HACCP into their practise.