



LTP 3 Year Rolling Programme- Food Technology -Falcons



Year 1		Term 1: Medieval Lives	Term 2: Ice Explorers	Term 3: Under the sea
Skills and Knowledge	Topic links	Looking at how cookery has changed over time – focusing on medieval times. Cookery – preparing dishes using foods that would have been available during medieval times (with a modern twist)	How would we cook in icy environments. Which foods can be found in colder climates Cookery –preparing dishes that use ingredients from colder climates/ dishes that do not require 'hot' cooking, moving onto basic baking	How do we get our food from the sea. Fishing, sea trawling etc Cookery using some seafood food items
	Practical skills	Working through basic skills, with adult support (hand over hand), moving on to more independent working	Working through basic skills, with adult support (hand over hand), moving on to more independent working	Working through basic skills, with adult support (hand over hand), moving on to more independent working
	Health, safety & hygiene	Hob safety Knife skills/safety Personal hygiene	Hob safety Knife skills/safety Personal hygiene	Hob safety Knife skills/safety Personal hygiene
Year 2		Term 1: Asian Adventures	Term 2: Chefs	Term 3: The Space Race
Skills and Knowledge	Topic links	Cooking with Asian flavours Looking at which foods gives us the Asian inspired flavours Cookery – a variety of Asian/Asian inspired dishes	Who inspires you to cook? – celebrities, people who cook with us ta home etc. Looking at a variety of well-known chefs Cookery – preparing simple dishes from well-known chefs/cooks, as well as 'home' cooking.	Out of this world Food science experiments Cookery – preparing food items that are 'out of this world' – pop cakes, rock cakes etc
	Practical skills	Working through basic skills, with adult support (hand over hand), moving on to more independent working	Working through basic skills, with adult support (hand over hand), moving on to more independent working	Working through basic skills, with adult support (hand over hand), moving on to more independent working
	Health, safety & hygiene	Hob safety Knife skills/safety Personal hygiene	Hob safety Knife skills/safety Personal hygiene	Hob safety Knife skills/safety Personal hygiene
Year 3		Term 1: Pre - History	Term 2: Pyramids and Pharoahs	Term 3: Planet Earth
Skills and knowledge	Topic links	How the dishes we eat changed over time? Looking at recipes from wartime through to present day Cookery using ingredients from past and present recipes	What did people in Egyptian times eat ? Cookery – recipes from Ancient Egypt's enduring food traditions	Where do our foods come from? Look at how/where foods are grown. Cookery – preparing a variety of dishes using ingredients for around the world. Fairtrade. Food waste
	Practical skills	Working through basic skills, with adult support (hand over hand), moving on to more independent working Small group work for weighing and measuring Hand over hand for cooking on hob Dishes – focusing on fruits and vegetables, starting with sensory exploration moving on to soft foods to prepare	Working through basic skills, with adult support (hand over hand), moving on to more independent working	Working through basic skills, with adult support (hand over hand), moving on to more independent working
	Health, safety & hygiene	Hob safety Knife skills/safety Personal hygiene	Hob safety Knife skills/safety Personal hygiene	Hob safety Knife skills/safety Personal hygiene