**KS4 Food Tech Summer 2 Food tech/Healthy living Following instructions**

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|  | **Pathway 1** | **Food Tech**  **KS4** | **Spring 1**  **Following Instructions** | |
| **Learning Intention:** Pupils will learn the importance of being able to follow instructions to be safe in a kitchen and when cooking. Pupils will learn how to follow simple instructions to make simple recipes and also the impact of what can happen when instructions are not followed. Pupils will be taught where to find cooking instructions on packets of food and how to understand what they mean. Pupils will also learn about the food traffic light system and them be supported to help them make healthier food choices. | | | | |
| **Key knowledge that should be learned during this SoW** | | **All** | **Most** | **Some** |
| **Concept:** | | To understand the importance of following a sequence in order to achieve the wanted end result when cooking. | Pupis to feel confident and are able to cook simple foods by following simple instructions - microwave and oven. | Pupis to feel confident and able to cook simple foods by following simple instructions - boiling. |
| **Knowledge:** | | To know which foods need to be cooked and to consider how they need cooking.  To know a variety of cooking methods - oven, boiling, microwave.  To sort healthy from unhealthy/treat foods. | To be safe when in a kitchen.  To know that some foods have instructions on how they need to be cooked and the potential consequences of not cooking foods correctly.  Now where to find the traffic light system on food packaging and understand the colour coding. | To understand the importance of following instructions when cooking.  Understand that pasta/rice can be the basis of many recipes.  To know how to turn rice and pasta into a simple meal.  Can make informed choices whilst reading the food traffic light system on packaging.  To be able to explain the key difference in different cooking methods. |
| **Key Skills:** | | Follow simple sequences in relation to the kitchen - wash hands, locate foods and items needed. | To locate a follow freezer food instructions and cook in oven (fish fingers, nuggets, chips)  To locate cooking instructions on pact or rice and pasta.  To boil water safely in a saucepan. | Be able to cook pasta.  Be able to cook rice.  Make a simple meal based on rice/pasta. |
| **Language and/or communication skills:** | | To be able to ask for help when needed.  To sign key words each lesson.  To communicate own likes and dislikes. | To follow simple sequences using symbols as support.  To recall key word signs each lesson and begin to use them when cooking. | Use symbols and signs to order/sequence the task needed.  To ask others what they would like to eat.  Inform others after the lessons about what they have learnt. |
| **Curricular Links** | | Science, Maths, | | |