



Year Group	Year 6	Subject	Food	Taught in	Rotation 1
Title	Carbohydrates				
Summary:	Pupils focus on bread. They understand leavened breads and the function of ingredients. They build on their knowledge in a clear and understandable way.				
Theory & Nutrition	<ul style="list-style-type: none"> - Understand bread making theory and the key ingredients that need to be added. - Understand the function, 'job' of ingredients within the bread making process. - Compare leavened breads to unleavened breads. - Understand quick breads, use bicarbonate of soda or baking powder. - Understand that flat, unleavened breads use high heat as they ONLY physical means of making them rise. 				
Products	<ul style="list-style-type: none"> - A range of breads from leavened to unleavened. - Quick breads: Naan bread for experience of the grill/ high heat. - Flat breads - Modification of these products to the student's own needs and tastes (add additional ingredients). 				
Key Skills	<ul style="list-style-type: none"> - Prepare ingredients hygienically using appropriate utensils. - Assemble or cook ingredients (controlling the temperature of the oven or hob). - Understand how to use the microwave to melt products safely. - Understand the bacteria thermometer and how temperature affects bread proving. 				
Design	<ul style="list-style-type: none"> - 4x4 designing, using tone (shade) and basic perspective. - Annotation: notes to highlight ingredients. - Understand the significance of carbohydrates in our diet. 				
Make	<ul style="list-style-type: none"> - Understand bread making, mixing, kneading, proving, shaping and baking. - Understand how to shape breads. Progressing in complexity. Plaits for more able. - Add additional ingredients with relevance to their own tastes. - Mix evenly. - Control temperatures. - Understand time in relation to proving and baking. - Use of oven. Use of grill/ high heat for Naan bread. - Wash up with support and reminders. - Focus on dish clothes to wipe and towels to dry. 				
Evaluate	<ul style="list-style-type: none"> - Reflect on what went well. - Create one improvement action in relation to misconceptions. - Mini-exhibition at end of the lesson to say "Which look good and why?" - Two stars and a wish. - Improvement actions at front of book. 				
Extra-Curricular	<p>Activity: KS2 Bake off Purpose: To develop creativity in cooking Related Module: Build on skills learnt in class and develop decorative skills.</p> <p>Activity: Lets get cooking club (Monday lunch) Purpose: To build knowledge and enjoyment Related Module: All modules</p> <p>Activity: Bake off club (Wednesday lunch) Purpose: To build knowledge and enjoyment Related Module: All modules</p> <p>Activity: Trip to Flavours Purpose: To build knowledge and enjoyment</p>				



Long Term Overview
Year 6 Food

Ferndown Middle School

Related Module: All modules



Year Group	Year 6	Subject	Food	Taught in	Rotation 2
Title	Staple foods				
Summary	<p>Students understand staple foods from around the world.</p> <p>Understand staple foods, where they come from and how to cook with them.</p> <p>Understand that staple foods are inexpensive and found locally within an area.</p>				
Theory & Nutrition	<ul style="list-style-type: none"> - Understand that a staple food is generally a carbohydrate, inexpensive and readily available. - Cook with rice, potatoes and noodles. - More Able students make modifications to dishes, substituting simple carbs for complex carbs. - Understand that produce and flavours varying according to climates around the world. 				
Products	<ul style="list-style-type: none"> - Savoury Rice - Baked Potato and Dahl - Potato and Leek Bake - Chow Mein - (Substitutes with pasta dishes can be made for less able classes). 				
Key Skills	<ul style="list-style-type: none"> - Measure accurately and calculate ratios of ingredients to scale up or down from a recipe. - Understand weights and volumes to the nearest gram or oz. To the nearest ml. - Use electronic scales. - Control heat, understanding simmering and boiling. - Add a controlled amount of oil to shallow fried foods. - Understand the risk of pan fires when using hot oil. 				
Design	<ul style="list-style-type: none"> - Improve upon existing designs, giving reasons for choices. - Start to use tone and attempt some perspective. - Disassemble products to understand how they work. - Design for themselves. - Simply explain some variations in produce from around the world. 				
Make	<ul style="list-style-type: none"> - Make whole dishes based on staple foods from around the world. - Work with rice, potatoes, lentils, noodles and pasta. - Understand how to shallow fry safely. - Understand how to control heat when simmering and boiling. - Safe use of large volumes of water. Turning all saucepan handles to the side. - Focus on measuring Litres and ml's. - Understand time and when water looks like it has evaporated. - Marked improvements in washing up routine. 				
Evaluate	<ul style="list-style-type: none"> - Use sensory diagrams to evaluate the sensory properties of products. - Identify areas of improvement and suggest actions. - Understand how products should look when finished and why this is important to a user when making food choices i.e. "Why does a product need to look as we expect it to look?" 				
Extra-Curricular	<p>Activity: KS2 Bake off Purpose: To develop creativity in cooking Related Module: Build on skills learnt in class and develop decorative skills.</p> <p>Activity: Lets get cooking club (Monday lunch) Purpose: To build knowledge and enjoyment Related Module: All modules</p> <p>Activity: Bake off club (Wednesday lunch) Purpose: To build knowledge and enjoyment Related Module: All modules</p>				



Long Term Overview

Year 6 Food

Ferndown Middle School

Activity: Trip to Flavours

Purpose: To build knowledge and enjoyment

Related Module: All modules



Year Group	Year 6	Subject	Food	Taught in	Rotation 3
Title	Complex carbohydrates and fibre.				
Summary	Complex carbohydrates and fibre. Understand slow release energy sources. Understand the value and nutrition of cereals / grains.				
Theory & Nutrition	<ul style="list-style-type: none"> - Students understand that cereals and grains as slow release energy sources. - Understand that wholegrains contain more valuable nutrients. - Understand the importance of fibre, especially soluble fibre. - Understand that coeliac's are allergy to wheat, rye and oats. 				
Products	<ul style="list-style-type: none"> - SATS revision, Lesson 1: students scale recipes up and down. - Fruity Oaty Muffins - Make your own cereal: Mix cereals and justify your choices. - (Understand added sugar and how it should be avoided). - Banana and raisin flap jacks. - Breakfast couscous with orange and cinnamon. 				
Key Skills	<ul style="list-style-type: none"> - Differences in measurements, kg, g, ml, l. - Mix evenly and form ingredients. - Add boiling water to couscous and use a fork to fluff. Add warming spices- cinnamon/ nutmeg. - SATS focus differences, volumes and weights. - Select healthy slow release carbs and flavours that match. 				
Design	<ul style="list-style-type: none"> - Design meals that are high in nutrients and whole grains. - State how to improve products. - Select the correct equipment and ingredients, based on development of knowledge. - Refine recipes and techniques as work progresses. 				
Make	<ul style="list-style-type: none"> - Understand how to make and bake with slow release/ refined carbohydrates, such as oats, grains and cereals. - Demonstrate a range of baking and cooking techniques, including use of the hob and oven. - Understand how cereals are produced and their nutritional value when designing your own cereal. - Modify recipes to your own needs and the needs of your family. - Understand the importance of correct storage with regards to coeliac's disease. 				
Evaluate	<ul style="list-style-type: none"> - Develop improvement actions based on the findings of sensory diagrams. - Mini-exhibitions at the end of the lesson and star baker, (two stars and a wish). - Reflective and more detailed comments after making. 				
Extra-curricular opportunities	<p>Activity: KS2 Bake off Purpose: To develop creativity in cooking Related Module: Build on skills learnt in class and develop decorative skills.</p> <p>Activity: Lets get cooking club (Monday lunch) Purpose: To build knowledge and enjoyment Related Module: All modules</p> <p>Activity: Bake off club (Wednesday lunch) Purpose: To build knowledge and enjoyment Related Module: All modules</p> <p>Activity: Trip to Flavours Purpose: To build knowledge and enjoyment Related Module: All modules</p>				



Long Term Overview
Year 6 Food

Ferndown Middle School