



# Fairlands Middle School

We Collaborate, Achieve & Belong

## Curriculum Progression Map

### Subject: KS3 Design and Technology

Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	DT	Beginner Knife Skills, Grating and Grill- Food 1	DT	DT	Nutrition, More Knife Skills, Cut Peel Grate- Food 2	
Skills		Knife skills (bridge hold & claw grip) & peeling- <b>Fruit Salad, Dip and Dipper</b> , trim, separating, measuring, combining, grating, following a recipe, <b>Cheese and ham toastie</b> , grilling, evaluate			Knife skills, peel, grate, shred, trim, measure, combine, following a recipe independently, timing- <b>Coleslaw</b> , evaluate Knife accuracy challenge, slice, dice, baton- <b>carrot</b>	
Knowledge		Health & Safety (knife & Grill)/ Hygiene, Utensils, vegetables, fruit, dips, cheese, bread, improving nutrition			Health & Safety/ Hygiene, Utensils, Seasonality, cutting methods, variations of a recipe	
Key Vocabulary/ reading opportunities		Enzymic browning, vegetable knife, bridge hold, claw grip, Knife Skills By <a href="#">Marcus Wareing</a>			Peel, grate, slice, seasonality, combine, variation, accuracy, Seasonal Food: A guide to what's in season when	

					and why By Paul Waddington, Epic tales of everyday ingredients. By Mark Riddaway
Stretch and Challenge		Paired and class discussion, questioning			Independent learning, paired and class discussion, questioning
Links to Modern Britain		Mutual respect- Teamwork when tidying away and washing up, Rule of law- safety when using utensils and equipment			Mutual respect- Teamwork when tidying away and washing up, Rule of law- safety when using utensils and equipment
Gatsby links		Chef/cook, nutritionist, dietitian, food technologist, hospitality, catering			Product development, food writer, agriculture,
Hinterland Knowledge		Extra support if no previous cooking experience, Images of and discussion of fruit and vegetables, recipe followed step by step as a class to aid in time management, key skills practice at home, video links on Classcharts of key skills to refer back to, recipes including images of processes			Extra support if limited previous cooking experience. Images and discussion if limited knowledge of fruit and vegetables look and taste, recipes including images of processes such and slice, dice and baton, demonstrations of new skills

Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Kettle, Hob, Baking-Food 1	DT	DT	Nutrition-Food 2	DT	
Skills	Cous cous salad, combining, measuring, pasta salad, cutting using a knife, muffins, mixing, sharing out, cracking an egg, using oven glove effectively,			Combining, coating, mashing, portioning, shaping, baking, following a recipe, <b>fishcakes, falafel</b>		

	product analysis, sensory evaluation, use of time, following a recipe				
Knowledge	Sources of carbohydrate, types of protein, nutrition, all in one cake method, selecting appropriate pasta and protein. Safety- kettle, hob, cooker, Ways fruit can be e.g frozen, dried, fresh, tinned. Impact of fat on body, types of herb, telling the time or timing			Sources of protein (plant and animal) and nutritional benefit, alternative diets, types of fish, processes and utensils	
Key Vocabulary/reading opportunities	Carbohydrate, protein, nutrition, alternative, hazard, cholesterol, spices, allergies/intolerance, herbs, Epic tales of everyday ingredients. By Mark Riddaway			Alternative, coat, divide, shape, bake, sustainability	
Stretch and Challenge	More than one additional ingredient, preparation of chosen protein, independent learning, paired and class discussion, questioning			Independent learning, paired and class discussion, questioning, alternative ingredients	
Links to Modern Britain	Mutual respect- Teamwork to tidy/wash up, Individual liberty- choice of some ingredient variations, sharing equipment/workspaces, Rule of law- safety when using utensils and equipment			Mutual respect- Teamwork to tidy/wash up, understanding of nutritional choices or needs, sharing equipment/workspace, Rule of law- safety when using utensils and equipment	
Gatsby links	Chef/cook, nutritionist, dietitian, food technologist, hospitality, catering			Fishmonger, butcher, nutritionist, chef/cook	
Hinterland Knowledge	Discussion and demonstration of kettle, boiling on the hob or using the cooker to bake, recipes including images of processes			Discussion of and video clips of people who have allergies or intolerances, limited diet, Images of	

				fishmongers and fish, recipes including images of processes	
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Year 7	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Baking- Rubbing in method	Baking- creaming method & dough handling	Knife skills and nutrition	Fermentation and kneading	Recipe adaption, food around the world	Team work and allergens
Skills	<b>Rock cakes-</b> Weigh, sift, rub in, stir and combine, whisk, divide, shape, bake <b>Scones-</b> Weigh, measure, rub in, mix, stir, combine, spread out, cut out, bake <b>Cheese straws-</b> Weigh, measure, rub in, mix, stir, combine, roll out, grate, chop, dice, slice, trim, bake Evaluate Time management	<b>Cupcakes-</b> Weigh, sift, mix and stir, divide, bake <b>Pizza-</b> Weigh, measure, sift, rub in, whisk, mix, form and shape, slice, bake <b>Christmas cookies-</b> Weigh, measure, sift, mix, stir, combine, cream, roll out, cut out, bake	<b>Stir fry-</b> Weigh, measure, crush, slice and shred, stir fry, stir. <b>Cereal bars-</b> weigh, measure, combine, melting, stir, spread out, refrigerate  Analysis, selecting	<b>Bread rolls-</b> Weigh, measure, mix, knead, knock back, shape, bake <b>Focaccia art-</b> Design, weigh, mix, knead, decorate, bake	<b>Burger design-</b> Weigh, measure, mix, divide, form and shape, grill/bake or fry  Research, evaluate	<b>Fresh pasta-</b> Measure, weigh, knead, roll out/shape <b>Pasta bake-</b> Measure, weigh, simmer/boil, drain, cut/chop/slice/dice, grate, stir and combine, bake <b>Cheesecake-</b> Measure, weigh, mix/combine, decorate, presentation, refrigerate Team work
Knowledge	Hygiene/Safety, carbohydrates and dietary fibre, fats and oils, quiz	Nutrients, healthy eating guidelines, functions and nutrients of ingredients, Rubbing in v's creaming method quiz, demo pizza, Nutrients in pizza, Star analysis, festivals and food research, quiz	Recall bridge/claw, Plan stir-fry, Safe meat handling, Sensory analysis fruit. Nutrition, Vitamins, quiz	Bread, fermentation, kneading, food presentation, food labelling traffic light labelling, faults in bread making, quiz	Flavours/ influences from other countries Fast food & health, balanced meal, scenarios, meat hygiene/food poisoning, quiz	Research pasta types, how to shape pasta, alternative ingredients, allergens, adapting a recipe, presentation skills, quiz
Key Vocabulary/reading opportunities	Hygiene, safety, modify, nutrition, carbohydrate, fibre,	Nutrition, Eatwell guide, portions, Scientific, experiment,	Bridge hold, Claw grip, hygiene, refrigerate, fry, hygiene, bacteria,	Fermentation, kneading, knock back, presentation, rise,	Scenario, balanced, pathogen, shaping, analysis, annotate,	Pasta names, combine, thicken, Intolerant, dietary,



	hospitality, catering, Product development, food writer, agriculture, teacher	hospitality, catering, Product development, food writer, agriculture, teacher	hospitality, catering, Product development, food writer, agriculture, teacher	hospitality, catering, Product development, food writer, agriculture, teacher	hospitality, catering, Product development, food writer, agriculture, teacher	hospitality, catering, Product development, food writer, agriculture, teacher
Hinterland Knowledge	Discussion of what to look for when baking is cooked, refer back to muffins in KS2. Discussion of different ways fruit can be purchased eg: dried, frozen, laminated time record for recording baking timings, reference to good work of other pupils in lesson and pointing out outcomes of other pupils cooking in the lesson	Discussion of alternative recipes, ingredients and flavour combinations, refer back to cous cous ad pasta salad in KS2, references to Science lessons for experiment and high temperatures of heated sugar, learning mats with key concept information	Refer back to fruit and vegetable seasonality learning in KS2 when selecting ingredients, discussion of how to cut/prepare each ingredient	Computer research of bread shapes and making processes, videos, images, instructions, and demos, example pictures of ingredients used and how for Focaccia art	Discussion of change in look of burger meat from raw to cooked with images, examples of past pupils burger designs with ingredients annotated, use of computers for cultural research	Computer research of pasta shapes and making processes, videos, images, instructions, and demos for both pasta and fruit topping choices

Year 8	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Knife skills and nutrition	Baking- Melting method	Bake off and presentation skills	Food around the world and nutrition	Pastry and properties of food	Food waste, poverty and miles
Skills	<b>Fajita</b> - Weigh, measure, juice, slice, mix and stir, marinate, grate, stir fry <b>Bolognaise</b> - Weigh, measure, peel, chop, dice, slice, fry, stir, simmer. <b>Sweet and sour</b> - Weigh, measure, peel, chop, slice grate and dice, fry, stir, simmer	<b>Flapjack</b> -Weigh, measure, chop, melt, mix, stir and combine, divide, bake <b>Brownie</b> - weigh, melt, whisk/mix, fold, divide, bake <b>Cookies</b> - Weigh, melt, stir and combine, whisk, divide, shape, bake	Plan, research, chosen baked product Variety of differing skills depending on pupil's choice, evaluate	<b>Baked churros</b> -Weigh, combine/mix, pipe, bake, coat <b>Curry</b> - Weigh, measure, peel, chop, dice, slice, crush, fry, stir, simmer. <b>Spring rolls or samosas</b> -weigh, measure, peel, cut, slice, dice, trim, fry/sauté,	<b>Sausage rolls</b> -divide, skin, lay out, wrap, glaze, bake, temp check <b>Mini quiche</b> - weigh, measure, crack egg, grate, dice, combine, cut out, share out, bake <b>Maids of honour</b> - Weigh, sift, mix and stir, divide, share out, cut out, grease, bake	Store cupboard challenge <b>Soup</b> - Select, measure, peel, trim, dice, slice and chop, fry, boil and simmer. <b>Fritter</b> - Select, grate, combine, divide, shape, fry  Creating a leaflet, selecting information

	Evaluate, adjust temperature			portion/divide, portion, shape, bake  making a foldable revision resource		
Knowledge	High/low risk food, Food poisoning and key temperatures, storage, knife skills, Nutrients, cutting an onion demo, Protein focus, nutritional analysis, quiz	Cake making methods, cream/rub/all in/whisk/melt- Brandy snap demo, Treat v's healthy food labelling limiting/swaps sweet treats, Party planning/costing research, quiz	What can be baked, costing of ingredients, how to research and calculate cost quiz, recall of past baking both in school and out	Healthy eating guidelines and eat well guide, focus=reducing sugar content, research curries round the world (Computers)- Spices, Vitamins and minerals, Spring roll/Samosa Demo video, quiz	Pastry types, recipes, sausage roll how to make video, defrosting and freezing safely, functions of ingredients, egg freshness, nutrients, pastry demo, fat and body sat v's unsaturated, creaming v's all in one method, quiz	Food waste, food poverty, Items to choose from-budget given (price per item), Nutritional analysis of soup, presentation skills, food miles, food banks, charities, sustainable growing and Fairtrade, food provenance, quiz
Key Vocabulary/reading opportunities	Slice, dice, grate, prepare, advance, time management, poisoning, cross contamination, hygiene, fry, simmer, adjust, alternative, How Food Works. By DK • The Science of Cooking. By DK, 7 ways. By Jamie Oliver	Fold, combine, select, melt, whisk, limiting, alternatives, planning, costing, cavity, obese, diabetic, healthy, method	Design, research, planning, competition, cost, ingredient, suitability, sweet, savoury, challenge, presentation, preparation	Cultural, spices, analysis, description, obesity, evaluate, sweetener, alternative, coronary, healthy, guideline, content, wrap	Method, labelling, alternative, costing, divide, glaze, freeze, thaw, defrost, beat, temperature, bacteria, dormant, multiply	Pollution, emission, carbon footprint, consumer, poverty, budget, sustainability, Fairtrade, food province, portion, waste, charity, support, community, Feeding Britain: Our Food Problems and How to Fix Them By Tim Lang
Stretch and Challenge	Extra ingredients, alternative ingredients, more challenging processes to choose from, flavour additions using spices to adapt a recipe	Independent learning, paired and class discussion, questioning, choice of extra ingredients, alternative recipe options	More challenging recipe chosen, better time management due to more processes, ingredients and utensils/equipment used, preparation needed before lesson, greater number of	Greater number of ingredients selected and used/ more processes/ time management skills needed, more challenging recipe alternatives, more research for curries,	Greater number of ingredients selected and used/ more processes/ time management skills needed, additions to sausage rolls such as diced apple or onion and in mini quiches,	Greater number of ingredients selected and used/ more processes/ time management skills needed, more information researched and added to leaflet meaning

			ingredients to cost, costing for alternative options/developments	challenge questions to research	flavour additions for maids of honour possibility of adding icing	greater depth in writing
Links to Modern Britain	Mutual respect- Teamwork to tidy/wash up, understanding of nutritional choices or needs, sharing equipment/workspace, Rule of law- safety when using utensils and equipment, and raw meat, Tolerance- other cultures	Mutual respect- Teamwork to tidy/wash up, understanding of nutritional choices or needs, sharing equipment/workspace, Rule of law- safety when using utensils and equipment	Mutual respect- Teamwork to tidy/wash up, understanding of nutritional choices or needs, sharing equipment/workspace, Rule of law- safety when using utensils and equipment	Mutual respect- Teamwork to tidy/wash up, understanding of nutritional choices or needs, sharing equipment/workspace, Rule of law- safety when using utensils and equipment, and raw meat, Tolerance- other cultures	Mutual respect- Teamwork to tidy/wash up, understanding of nutritional choices or needs, sharing equipment/workspace, Rule of law- safety when using utensils and equipment, and raw meat	Mutual respect- Teamwork to tidy/wash up, understanding of nutritional choices or needs, sharing equipment/workspace, Rule of law- safety when using utensils
Gatsby links	Chef/cook, nutritionist, dietitian, food technologist, hospitality, catering, Product development, food writer, agriculture, teacher	Chef/cook, nutritionist, dietitian, food technologist, hospitality, catering, Product development, food writer, agriculture, teacher	Chef/cook, nutritionist, dietitian, food technologist, hospitality, catering, Product development, food writer, agriculture, teacher	Chef/cook, nutritionist, dietitian, food technologist, hospitality, catering, Product development, food writer, agriculture, teacher	Chef/cook, nutritionist, dietitian, food technologist, hospitality, catering, Product development, food writer, agriculture, teacher	Chef/cook, nutritionist, dietitian, food technologist, hospitality, catering, Product development, food writer, agriculture, teacher
Hinterland Knowledge	Discussion of food poisoning experiences, reference back to cutting skills in KS2, onion cutting demonstration, discussion of when to change temperature and what to look for, flow diagram recipes to follow, seating plan pupils choice for confidence support	Reference back to KS2 and dividing ingredients for muffins and rubbing in method in Y7, prior method demonstrations and class discussion, example party plans	Examples of previous pupils' outcomes, tried and tested recipes to select from, discussion of ideas and support to develop, support with time management in making lesson/ prompts, more time/support to plan as can be second group to bake	Use of computers to analyse spice combinations and alternative curry recipes, Video clips of folding up samosa's/ spring rolls in prior lesson and on Classcharts to refer back to and practice, observation of other pupils during making lesson, piping demonstration and	Video clips of making sausage roll in prior lesson and on Classcharts to refer back to and practice, reference back to cheese straw making in Y7 as similar to working with pastry, reference to good work of other pupils in lesson and pointing out outcomes of other	Use of computers to support food miles research, discussion of how to cut/prepare each ingredient, images to show expected outcomes, class discussion and video interview to understand others life challenges



				support during making lesson, learning mats with key concept information	pupils cooking in the lesson	
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