

Y1 25/26	Autumn Term 1	Autumn Term 2	Spring 1	Spring 2	Summer 1	Summer 2
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Journey 1 Confident Community Engagement*						
KS2/3	Tasting Tasting, Counting, Dot-to-dot sheets (A, F)	Hygiene Hygiene, Equipment, Washing hands (A, F)	Healthy Eating Eatwell guide, Food & drink for life (A, F)	Sorting Sorting food, Plant or animal? (A, B, F)	Food Origins Growing, Seasons, Food journey cards (A, F)	Cooking Making, Serving and sharing (A, F)
KS4/5	Eatwell Recap Eatwell guide, Food for life (F)	Shopping Shopping, Developing skills for independence (F)	Food Sorting Variety, Preference, Counting (F)	Preparation Cooking, Equipment, Hygiene (F)	Origins Food origins, Farm-to-fork (F)	Sharing Serving, Planning a snack (F)

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Journey 2 Community Engagement and Employment Opportunities*						
KS2/3	Healthy Eating Eatwell guide, Food groups (B)	Cooking Tools Equipment, Hygiene and safety (B, C)	Ingredients Ingredients, Cereals, Fruit & veg (B, C)	Sorting Food Plant or animal?, Meat vs Dairy (B)	Origins & Growing Farming and processing, Seasons (C)	Snack Making Cooking, Planning to cook (C)
KS4/5	Eatwell & Energy Eatwell guide, Activity (D)	Cooking Methods Cooking, Hygiene, Licence to cook (D)	Food Choice Labels, Food choice (D, E)	Sensory Cooking Sensory science, Ingredients (D, E)	Origins & Food Processing Food origins, Production (D, E)	Cooking Project Planning and cooking (D)



Food Tech & Cafe Long Term Plan

Ricardo M.
25-28

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Journey 3 Further Study and Skilled Work Opportunities*						
KS2/3	Healthy Eating Eatwell guide, Food and activity (C, D)	Cooking Skills Safe cutting, Measuring, Hob use (C)	Nutrition Basics Digestive system, Nutrients (C)	Food Origins Farm to fork, Seasonal foods (C)	Commodities Intro Fruit, Cereals, Dairy (C)	Simple Meal Making Step-by-step cooking (C)
KS4/5	Balanced Nutrition Macronutrients, Eatwell guide (E)	Hygiene & Safety Time, Temperature, Food hygiene (E)	Sensory Science Taste tests, Sensory descriptors (E)	Food Labels Compare, interpret labels (E)	Cooking Full Meals Step-by-step meal prep (E)	Mini Food Project Plan and cook a chosen dish (E)



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Journey 1 Confident Community Engagement*						
KS2/3	Eatwell Eatwell guide, Food Choice (B, F)	Equipment Equipment, Planning to cook (B, F)	Ingredients Ingredients, Fruit & vegetables (B, F)	Commodities Dairy, Cereals, Potatoes (B)	Growing Food origins, Farming and processing (B)	Making Cooking, Making simple meals (B, F)
KS4/5	Breakfasts Planning to cook, Simple hot food (B, F)	Independent Skills Cleaning, Tables, Utensils (F)	5-a-day Fruit and veg, Counting portions (B, F)	Food Handling Cooking, Hygiene and safety (B, F)	Seasonality Growing, Seasons, Processing (B)	Celebrations Food for occasions, Sharing food (F)

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Journey 2 Community Engagement and Employment Opportunities*						
KS2/3	The Diet Energy, Nutrients (C)	Recipes Planning to cook, Ingredients (C)	World Food Food origins, Cooking for health (C)	Commodities Dairy, Meat, Fish, Potatoes (C)	Activity & Eating Activity, Energy balance (C)	Food Types Rice, Eggs, Shellfish (C)
KS4/5	Digestion & Nutrients Energy, Macronutrients (E)	Contamination & Safety Food spoilage, Hygiene (E)	Food Labels Food labelling, Health claims (E)	Cooking for Health Balanced dishes, Fibre (E)	Food Assurance Processing, Availability (E)	Final Meal Plan Student-led planning (E)



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Journey 3 Further Study and Skilled Work Opportunities*						
KS2/3	Macronutrients Nutrient groups, Food labels (C, D)	World Foods International dishes, Cooking for health (C, D)	Texture & Changes Melting, Mixing, Boiling (C, D)	Commodities Focus Eggs, Meat, Fish, Rice (C, D)	Meal Planning Balanced meals with guidance (C, D)	Food Production Processing, Environment basics (D)
KS4/5	Nutritional Needs Across the lifespan (E)	Food Spoilage Contamination, Storage (E)	Functional Properties Starch, Sugar, Emulsification (E)	Global Commodities Poultry, Rice, Sugar (E)	Labelling Laws Claims, Regulations (E)	Themed Cooking Week World cuisine menus (E)



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Journey 1 Confident Community Engagement*						
KS2/3	Choices Food Choice, Occasions (F)	Activity Being active, Planning to cook (B, F)	Kitchen Routines Equipment, Hygiene and safety (B, F)	Food Types Meat, Eggs, Fish (B)	Origins Where food comes from, Places (B, F)	Sharing Serving, Sharing, Food for others (F)
KS4/5	Food Groups Dairy, Potatoes, Cereals (B)	Café Routine Equipment, Making, Planning (F)	Snacks Ingredients, Portioning (F)	Food Origins Farm or shop? Processing (F)	Food Choice Healthy/unhealthy, Food labels (E/F simplified)	Self-service Sharing, Serving, Cleaning up (F)

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Journey 2 Community Engagement and Employment Opportunities*						
KS2/3	Food Safety Hygiene and safety, Cooking (C)	Simple Meals Balanced dishes, Serving (C)	Farm to Fork Food origins, Processing (C)	Culture & Food World food, Occasions (C)	Combining Ingredients Commodities review (C)	Showcase Meals Pupils plan & prepare meals (C)
KS4/5	Nutrition & Life Stages Nutritional needs (E)	Sensory & Science Experiments, Taste tests (E)	Recipe Adaption Functional characteristics (E)	World Food Origins, Processing (E)	Food Issues Obesity, Diabetes (E)	Showcase Cooking Prepare and present meal (E)

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Journey 3 Further Study and Skilled Work Opportunities*						
KS2/3	Health Conditions Sugar, Fat, Salt impacts (D)	Multi-Step Meals International recipe cooking (D)	Global Origins Food chains, Fair trade (D)	Combined Commodities Meat + veg + carb meals (D)	Cultural Eating Occasions, Celebratory food (D)	Cooking Challenge Team cooking projects (D)
KS4/5	Health & Diet Obesity, Diabetes, Lifestyle (E)	Cooking for Purpose Meal prep for others (E)	Investigations Simple experiments with food (E)	Café Model Plan & cost meals, café project (E)	Presentation & Plating Serving with purpose (E)	Final Showcase Plan, prep, serve full- course meal (E)

* The letters indicated in brackets correspond to the relevant units from the Food - a Fact of Life SoW. (A) is aimed at a developmental stage of between 3-5 years of age, (B) is 5-7, (C) is 7-11, (D) is 11-14, (E) is 14-16 and (F) is 10 key areas of SEN.