

 **Long Term Planning Framework**

 **Key Stage 3**

**Autumn, Spring and Summer are repeated as D.T follows a carousel-like structure in KS3.**

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| **Year** | **Autumn.** |  | **Year** | **Spring.** |  | **Year** | **Summer.** |
| **7** | **Lessons 1-9****The Eatwell guide** *Fruit salad, vegetable soup, tuna pasta bake, mac and cheese, chicken fajita, chilli con carne, fish fingers.***Lessons 10- 14****Informed choices**Pizza, chicken Cesar salad, frittata muffins, brownie  |  | **7** | **Lessons 1-9****The Eatwell guide** *Fruit salad, vegetable soup, tuna pasta bake, mac and cheese, chicken fajita, chilli con carne, fish fingers.***Lessons 10- 15** **Informed choices**Pizza, chicken Cesar salad, frittata muffins, brownie |  | **7** | **Lessons 1-9****The Eatwell guide** *Fruit salad, vegetable soup, tuna pasta bake, mac and cheese, chicken fajita, chilli con carne, fish fingers.***Lessons 10- 15** **Informed choices**Pizza, chicken Cesar salad, frittata muffins, brownie |
| 8 | **Lessons 1-5** **Hygiene and Health***Savoury rice, Chicken Stir fry (rice), Mini carrot cakes, fish fingers***Lessons 6-14** **Food and the Environment** *Fruit scones, spag bol, smash burger, Jamaican chicken jerk, lamb rogan josh, vegetable soup, roast dinner* |  | **8** | **Lessons 1-5** **Hygiene and Health***Savoury rice, Chicken Stir fry (rice), Mini carrot cakes, fish fingers***Lessons 6-14** **Food and the Environment** *Fruit scones, spag bol, smash burger, Jamaican chicken jerk, lamb rogan josh, vegetable soup, roast dinner* |  | **8** | **Lessons 1-5** **Hygiene and Health***Savoury rice, Chicken Stir fry (rice), Mini carrot cakes, fish fingers***Lessons 6-14** **Food and the Environment** *Fruit scones, spag bol, smash burger, Jamaican chicken jerk, lamb rogan josh, vegetable soup, roast dinner* |
| **9** | **Lessons; 2, 4, 6, 7****Hygiene and Health** Real risotto, pasta Fiorentina, Shepard's pie, fish fingers **Lessons;1,3,5,8,9,10,11,12,13****Food choices for life** Pizza, savoury tart, Dutch apple cake, lasagne [Chicken Tagine](https://www.foodafactoflife.org.uk/recipes/cook-club/chicken-tagine-with-apricots/), [spicy lamb and feta burgers](https://www.foodafactoflife.org.uk/recipes/meat/meaty-eats/spicy-lamb-and-feta-burgers/), Sweet creps. |  | **9** | **Lessons; 2, 4, 6, 7****Hygiene and Health** Real risotto, pasta Fiorentina, Shepard's pie, fish fingers **Lessons;1,3,5,8,9,10,11,12,13****Food choices for life** Pizza, savoury tart, Dutch apple cake, lasagne [Chicken Tagine](https://www.foodafactoflife.org.uk/recipes/cook-club/chicken-tagine-with-apricots/), [spicy lamb and feta burgers](https://www.foodafactoflife.org.uk/recipes/meat/meaty-eats/spicy-lamb-and-feta-burgers/), Sweet creps. |  | **9** | **Lessons; 2, 4, 6, 7****Hygiene and Health** Real risotto, pasta Fiorentina, Shepard's pie, fish fingers **Lessons;1,3,5,8,9,10,11,12,13****Food choices for life** Pizza, savoury tart, Dutch apple cake, lasagne [Chicken Tagine](https://www.foodafactoflife.org.uk/recipes/cook-club/chicken-tagine-with-apricots/), [spicy lamb and feta burgers](https://www.foodafactoflife.org.uk/recipes/meat/meaty-eats/spicy-lamb-and-feta-burgers/), Sweet creps. |