

Year Group: KS3 (Year B)

Term: Summer 2

Food Tech: Store Cupboard Meals

Key Concepts	SMSC & British Values	Lesson Objectives	Key Vocabulary
<p>A healthy and varied diet includes balance, variety and regular meals. Store cupboard meals use affordable, long-life ingredients that can support healthy eating. Ingredients are chosen for function, flavour, texture, nutrition and shelf life. Safe, hygienic working is essential when preparing and cooking food. Savoury dishes can be adapted for different needs, preferences, cultures and budgets.</p> <p>Prior Knowledge</p> <p>Basic understanding of foods from home and familiar meals. Simple awareness of hygiene routines such as handwashing. Experience of following short instructions with support. Knowledge of common ingredients such as pasta, rice, tinned tomatoes and bread. Some experience of using simple equipment with supervision.</p> <p>Cross-Curricular Links</p> <p>Maths: weighing, measuring, counting, cost comparison, time and budgeting. English: following instructions, key vocabulary, speaking and listening, evaluation and justification. Science: nutrition, states of matter, heat transfer, food safety and changes during cooking. Geography: food sources, seasonality, imports, climate and food miles. PSHE: independence, healthy choices, routines, resilience and self-management.</p>	<p>Spiritual: reflect on food as part of identity, family traditions and cultural celebrations. Moral: consider fair use of resources, waste reduction and respectful food choices. Social: work collaboratively, share equipment safely and discuss preferences respectfully. Cultural: explore store cupboard dishes from different cultures and communities. British Values: democracy through shared decision-making</p> <p>Assessment</p> <p>Baseline assessment of vocabulary, hygiene, safety and knowledge of store cupboard foods. Ongoing observation of practical skills, including safe handling, measuring and following instructions. Short retrieval questions at the start of lessons to revisit previous learning. Practical assessment of a predominantly savoury dish using a range of cooking techniques. End-of-unit review of knowledge, confidence and independence.</p> <p>Adaptations</p> <p>Use visual instructions, photographs, symbols and demonstration cards. Break tasks into small, manageable steps with clear routines and predictable lesson structures. Pre-teach key vocabulary and display it with images. Provide scaffolded worksheets, sentence starters and choice banks for evaluation. Reduce cognitive load by limiting the number of ingredients and techniques at first.</p>	<ol style="list-style-type: none"> Identify and explain the features of a healthy and varied diet and recognise common store cupboard ingredients that support it. Select suitable ingredients for a simple savoury store cupboard meal by considering nutrition, function, sensory qualities and cost. Use safe and hygienic routines to prepare ingredients for a simple savoury dish using knives, peelers, graters and chopping boards. Prepare and cook a predominantly savoury store cupboard dish using an appropriate range of basic cooking techniques. Evaluate a store cupboard meal against design criteria, including taste, appearance, texture, healthiness and suitability for the user. Adapt and improve a store cupboard meal recipe for a given user need, using knowledge of nutrition, ingredients and methods. <p>Links to Future Learning</p> <p>Greater independence with following recipes and using a wider range of equipment. More detailed study of nutrition, including macro- and micronutrients. More complex practical dishes using combined cooking techniques.</p>	<p>Store cupboard Non-perishable Savoury Nutrition Balanced diet Variety Ingredient Function Sensory Hygiene Safety Cross-contamination Prepare Cook Evaluate Adapt Texture Flavour Seasonality Sustainability Budget User need</p>

Possible Enrichment:

Research and compare store cupboard dishes from different cultures. Create a simple family meal plan using only long-life ingredients. Investigate how tinned, dried and frozen foods can support healthy eating.