



# FRAMEWORK FOR LEARNING



## CREATIVE

An education where imagination, curiosity and resilience enable us to ignite our learning.

## HAPPY

A shared belief that optimism, empathy and responsibility are the foundations for a respectful, safe and inclusive community.

## SUCCESSFUL

Individuals who are ready to learn, practise being reflective, and are motivated to become champions.

## SUBJECT

### FOOD PREPARATION AND NUTRITION

## INTENT

“To eat is a necessity, but to eat intelligently is an art.” - **La Rochefoucauld**

Food Preparation and Nutrition at CHS South inspires students to develop and understand the relevance and importance of healthy eating to contribute to a healthy future. The food and drink industry are the UK's largest manufacturing sector and a vital part of the UK economy. It is a diverse, vibrant, innovative, and exciting industry, offering employment to people with a wide array of skills and talent. Studying Food Preparation and Nutrition will enable students to acquire a wide range of specialist skills covering problem solving, creativity, logical thinking, an analytical approach, good communication and teamwork. These skill sets are highly sought after by employers transferable across all industries. In studying this curriculum, we equip students personally, preparing them for their understanding of food and nutrition, but also within their potential future careers. Food Preparation and Nutrition provides progression to A Level, further education or onto an apprenticeship as well as supplementing as a building block to a future career in the Food and Hospitality sector.



<b>YEAR GROUP</b>	<b>YEAR 7</b>	
<b>RATIONAL / NARRATIVE</b>	This scheme of work has been developed to enable students to begin building a repertoire of predominantly savoury dishes by acquire a range of food skills, increasing in complexity and accuracy, using a variety of ingredients, safely and hygienically and to apply their knowledge of nutrition, food provenance and sustainability.	
<b>TERM KNOWLEDGE</b>          <b>SKILLS</b>          <b>ASSESSMENT</b>          <b>HOME LEARNING</b>	<b>TERM 1</b> <span style="float: right;"><b>TERM 2</b></span>	
	<p><b>Basic Food Principles</b> Students will learn information around the key topics of:</p> <ul style="list-style-type: none"> <li>• Hygiene and safety</li> <li>• Bacterial growth and key temperatures</li> <li>• How to avoid cross-contamination</li> <li>• How to prepare themselves and their environment for cooking</li> <li>• The cooker- key features, what each area is used for, heat transfer</li> <li>• The eat well guide and healthy eating guidance</li> <li>• Introduction to macro and micronutrients</li> <li>• Carbohydrates their functions, sources and effects of deficiency or over consumption</li> <li>•</li> </ul>	<p><b>Healthy Eating Goals</b> Students will learn information around the key topics of:</p> <ul style="list-style-type: none"> <li>• Adaptation of a recipe to reduce sugars</li> <li>• Recap cross-contamination and bacterial growth (savoury rice)</li> <li>• Fats their function, sources and effects of deficiency and overconsumption</li> <li>• Recap cross-contamination and bacterial growth (savoury rice)</li> <li>• Food choice and seasonality</li> <li>• Incorporating seasonal produce</li> <li>• Planning a meal for a teenager (reducing the amount of fat in that meal) meatballs/ratatouille</li> <li>• Food science – making a reduction sauce</li> <li>• Sustainability – food production</li> </ul>
	<p><b>Theoretical skills:</b></p> <ul style="list-style-type: none"> <li>• Identify, select and break down key information.</li> </ul> <p><b>Practical skills:</b></p> <ul style="list-style-type: none"> <li>• General practical skills (weighing and measuring)</li> <li>• Knife skills-quesadillas, salad dish and high fibre crumble</li> <li>• Cooking methods – baking, boiling and simmering</li> <li>• Use of equipment – ovens and hobs</li> </ul> <p><b>Other Skills students will develop are:</b></p> <ul style="list-style-type: none"> <li>• Quality Control</li> <li>• Time Management</li> <li>• Teamwork</li> <li>•</li> </ul>	<p><b>Theoretical skills:</b></p> <ul style="list-style-type: none"> <li>• Evaluation skills, analyse (sensory), reflect, plan and improve.</li> </ul> <p><b>Practical skills:</b></p> <ul style="list-style-type: none"> <li>• General practical skills (setting up and cleaning down)</li> <li>• Knife skills – be ready muffins, savory rice, ragu</li> <li>• Cooking methods – one pot method, reduction (simmering), baking</li> <li>• Use of equipment – electric whisks</li> <li>• Sauce making – Ragu</li> <li>• Raising agents- Breakfast muffins</li> </ul> <p><b>Other Skills students will develop are:</b></p> <ul style="list-style-type: none"> <li>• Organisation</li> <li>• How to prepare themselves and their area for cooking</li> <li>• Initiative and independence.</li> </ul>
	<p><b>Practical assessment 1:</b> Fruit crumble</p>	<p><b>Assessment 2:</b> Breakfast muffin evaluation <b>Practical assessment 3:</b> Ragu reduction sauce/<i>progress test (spring/summer term only)</i></p>
<p><b>Home learning task 1</b> – Eat well guide teams quiz</p>	<p><b>Home learning task 2</b> – Food choice teams quiz</p>	



## READING, WRITING, TALK, NUMERACY

**Reading:** Strategies that students will use during the course of the rotation are as follows:

- Break down information
- Learn new vocabulary
- Form opinions
- Students will read recipes for each practical lesson and practical instructions
- In each theory lesson pupils will read through research information, articles relating to their lesson and subject specific textbooks

**Writing:** Writing skills will be developed in lessons and through home learning. There will be focused opportunity for extended writing tasks these will include:

- Expository
- Narrative
- Descriptive

**Oracy**

- Working with others
- Listening and responding

**Numeracy**

During practical lessons students will demonstrate numeracy by:

- Weighing and measuring ingredients
- Dividing mixtures
- Using ratio to create recipes
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**Reading:** Strategies that students will use during the course of the rotation are as follows:

- Infer
- Relate to own experience
- Ask questions
- Predict
- Students will read recipes for each practical lesson and practical instructions
- In each theory lesson pupils will read through research information, articles relating to their lesson and subject specific textbooks

**Writing:** Writing skills will be developed in lessons and through home learning. There will be focused opportunity for extended writing tasks these will include:

- Compare and contrast
- Personal
- Reflective

**Oracy**

- Voice

**Numeracy**

During practical lessons students will demonstrate numeracy by:

- Use a calculator and other technologies to calculate results accurately and then interpret them appropriately.
- Be able to reduce or increase quantities

## TIER 2 VOCABULARY

- Analyse
- Annotate
- Apply
- Argue
- Available
- Balance
- Benefit
- Choose
- Compare
- Complete
- Consider
- Consistent
- Contrast
- Create
- Debate
- Define
- Describe
- Design
- Develop
- Discuss
- Draw
- Economy

- Find
- Function
- Identify
- Justify
- List
- Method
- Name
- Process
- Prove
- Relate
- Research
- Respond
- Section
- Select
- Significant
- Similar
- Source
- Structure
- Suggest
- Summarise
- Support



## TIER 3 VOCABULARY

## PSPSMC, BRITISH VALUES AND DIVERSITY

- Environment
- Estimate
- Evaluate
- Examine
- Export
- Explain

### Tier 3- Subject specific vocabulary:

- Hygiene
- Cross-contamination
- Mise en place
- Nutrient
- Balanced dish
- Carbohydrate
- Rubbing in method

**Personal:** Students will develop their own personal abilities and confidence when working with different equipment and ingredients in a practical environment. Job roles and skills required in varying Food and Nutrition related industries.

**Social:** Students will consider the impact of the food industry on society, they will also explore food choices and impacts on food choice e.g., availability, cost etc.

**Physical:** The physical effects of different foods on the body e.g. function of different nutrients and why

**Moral:** Students will study seasonality and the environmental impacts of growth and transportation of food.

**British Values:** Consideration of other students' beliefs and values, work in an environment based on mutual respect- including teamwork

**Diversity:** Students will explore a range of different religions, cultures, practices, and ways of cooking

### Tier 3- Subject specific vocabulary

- Hidden sugar
- Sugar alternatives
- Cholesterol
- Seasonality
- Reduction sauce
- Sustainability

**Social**– students will develop an understanding of global citizenship, poverty, and privilege through the teaching of various topics.

**Cultural** – Throughout the term students will cook dishes that originate from different countries and cultures, learning the process of making them as well as discovering different ingredients and seasonings.

**British values**- Students will explore the law regarding food safety as well as the use of British ingredients and equipment