



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.



YEAR GROUP

YEAR 9

RATIONAL / NARRATIVE

This scheme of work has been developed to enable pupils to secure and demonstrate a range of food skills, increasing in complexity and accuracy, to cook a wider range of dishes adding to their repertoire, safely and hygienically, and to apply their knowledge of nutrition and food provenance. In addition, they will consider consumer issues, food and its functions and world flavours.

TERM KNOWLEDGE

HALF TERM 1

- Apply the principles of *The Eatwell Guide* and relate this to diet through life
 - List and explain the dietary needs throughout life stages
 - Explain the characteristics of ingredients and how they are used in cooking
 - Adapt and follow recipes to prepare and cook a range of predominately savoury dishes
 - Secure and demonstrate a range of food skills and techniques
 - Secure and demonstrate the principles of food hygiene and safety in a range of situations
 - Investigate and discuss new food trends
 - Secure and demonstrate the knowledge, understanding and skills needed to engage in an iterative process of planning and making
- Extend their literacy and numeracy skills by using them purposefully in a range of everyday situations
- Investigate information and guidance available to the consumer regarding food labelling, availability, traceability, food certification and assurance schemes and animal welfare
 - Explain the characteristics of ingredients and how they are used in cooking
 - Adapt and follow recipes to prepare and cook a range of predominately savoury dishes.
 - Secure and demonstrate a range of food skills and techniques
 - Secure and demonstrate the principles of food hygiene and safety in a range of situations
 - Extend and consolidate their literacy and numeracy skills by using them purposefully in a range of everyday situations

SKILLS

Theoretical skills:

- Identify, select and break down key information.
- Evaluation skills, analyse (sensory), reflect, plan and improve

Practical skills:

- General practical skills (weighing and measuring)
- Knife skills
- Preparing Fruit and Vegetables
- Cooking methods/Use of cooker
- Use of equipment
- Raising agents

Other Skills students will develop are:

- Quality Control
- Time Management
- Teamwork/Organisation
- How to prepare themselves and their area for cooking

Theoretical skills:

- Identify, select and break down key information.
- Evaluation skills, analyse (sensory), reflect, plan and improve



ASSESSMENT
HOME LEARNING

READING,
WRITING, TALK,
NUMERACY

TIER 2
VOCABULARY

Practical skills:

- General practical skills (weighing and measuring)
- Knife skills
- Preparing Fruit and Vegetables
- Cooking methods/Use of cooker
- Use of equipment
- Sauce making
- Raising agents

Other Skills students will develop are:

- Quality Control
- Time Management
- Teamwork/Organisation
- How to prepare themselves and their area for cooking

Key Assessment Task:

Assessed practical 1 – Malaysian curry

Home Learning Task 1 – Consider dietary requirements when planning a paella practical

Home Study: Students will be tasked to use independent study techniques to support learning in preparation for End Point Assessments in Food Preparation and Nutrition

Reading:

Strategies that students will use during the term will be:

- Break down information- students will be required to read text related to a topic and summarise this to aid their understanding
- Learn new vocabulary- SEEC will encouraged for some tier 3 words as well as embedding them in an exam response.
- Form opinions- topics such as food provenance will allow for students to form opinions and share their ideas.

Writing skills will be developed in lessons and through home learning. There will be a focused opportunity for extended writing tasks through exam style questions and practical reflections.

- Expository
- Narrative
- Descriptive

Oracy

- Voice
- Working with others
- Listening and responding
- Oracy task – discuss the wider impact of food importation on our environment.

Numeracy:

Understand and use place value for decimals, measures and integers of any size

- Ratio, proportion and rates of change
- Students should be taught to:
- Change freely between related standard units [for example time, length, area, volume/capacity, mass]

- Analyse
- Annotate
- Apply
- Argue



- Available
- Balance
- Benefit
- Choose
- Compare
- Complete
- Consider
- Consistent
- Contrast
- Create
- Debate
- Define
- Describe
- Design
- Develop
- Discuss
- Draw
- Economy
- Environment
- Estimate
- Evaluate
- Examine
- Export
- Explain
- Find
- Function
- Identify
- Justify
- List
- Method
- Name
- Process
- Prove
- Relate
- Research
- Respond
- Section
- Select
- Significant
- Similar
- Source
- Structure
- Suggest



TIER 3 VOCABULARY

PSPSMC, BRITISH VALUES AND DIVERSITY

- Summarise
- Support

- Fermentation
- Dietary requirements
- Modifying
- Food miles
- Food provenance
- Gluten

Personal: Students will build upon developing 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 explore food choices and impacts on food choice e.g., availability, cost etc. Students will consider different cultures and how this impacts food choice.

Physical: Recap what the main nutrients are and why our body needs them. Consider what health risks their diets may present.

Moral: Students will study sustainability and the environmental impacts of the food industry.

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

Diversity: Students will consider a range of different cultures and their cuisines. Research where cuisines originated and what are the key characteristics.