HORNCHURCH
HIGH SCHOOL
EXCELLENCE FOR ALL

Subject: Food

Head of Department: Mrs T. Amoa-Sakyi

Curriculum Intent

At Hornchurch High School, the Food Department encourages and inspires pupils to apply their knowledge and understanding of food, nutrition and cooking to confidently use a range of skills to select, prepare and cook a variety of dishes.

The design of the curriculum facilitates the development of key knowledge and skills that are built on over time to ensure that pupils become proficient and well rounded individuals.

The Food curriculum provides pupils with opportunities to participate in clubs, competitions and charity events. This allows them to gain valuable experience outside the Food curriculum.

Having accessed the Food Curriculum at Hornchurch High, pupils are equipped to become individuals who will have a love for food, and be able to make informed choices when selecting and planning menus. They will also be able to plan balanced meals to maintain a healthy weight, reduce the risk of chronic diseases and promote overall health to be healthy and happy citizens.

Year 7 Topics

- Hygiene and Safety in the Kitchen
- The Eatwell Guide and Food Nutrients
- Kitchen Equipment
- Food Provenance
- Cooking Methods
- Practical Skills in Food Preparation, cooking and presentation

Year 8 Topics

- Food Safety
- Sensory Evaluation
- Macro and Micro Nutrients
- Special Dietary Needs
- Knife Safety
- Seasonality
- Practical Skills in Food Preparation, cooking and presentation

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Year 9 Topics

- Hospitality and Catering Providers
- Food Safety
- Food Related causes if Ill Health
- Practical Skills in food **preparation, cooking and presentation**

Year 10 Topics

- Hospitality and Catering Provisions
- Food Safety – Hospitality and Catering
- Nutrients and Meal Planning
- Food Preparation, Cooking Skills, Techniques and Presentation

Year 11 Topics

- Autumn Term Menu and Action planning for completed dishes
- Spring Term- Unit 2 Non Exam Assessment (NEA) (60% of final grade)
- Summer Term - Unit 1 written exam (40% of final exam grade)

GCSE Specification Details and Assessment:

WJEC Levels 1/2 Vocational Award in Hospitality and Catering (Technical Award)
https://www.wjec.co.uk/qualifications/level-12-vocational-award-in-hospitality-and-catering/#tab_keydocuments

Spiritual, moral, social and cultural development (SMSC)

At Hornchurch High School, the Spiritual , Moral, Social and Cultural Development of pupils are developed in Food subjects as follows:

Spiritual - Pupils are given the opportunity to explore a number of beliefs/religions and how food habits, preparation and presentation are influenced by them. Pupils prepare, cook and serve traditional dishes from other countries and evaluate these dishes with their peers. They are also encouraged to use their cultural experiences, imagination and creativity to adapt recipes for different groups.

Moral - Pupils are given the opportunity to reflect on moral issues surrounding the production and consumption of food in the UK and other countries. Pupils reflect on ethical issues involved in food production such as environmental issues, food waste and fair trade.

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Through their involvement in practical lessons, pupils get the opportunity to develop confidence, independence and creativity when preparing and cooking food products. They also collaborate through teamwork.

Social - Social awareness and appreciation of food is developed through pupils having an understanding of where food comes from (Food Provenance) Pupils also learn about factors that affect food choice such as culture, special occasions, religious beliefs and upbringing. Extra curricular activities allow pupils to extend social awareness in relation to food. Some of these activities are competitions, cooking clubs and links created with outside agencies.

Cultural - A range of dishes are prepared and cooked by pupils that reflect British culture and different cultures around the world. Pupils are also encouraged to use ingredients from their culture when adapting recipes to meet the needs of different groups. Cultural differences in Food are explored in lessons with the expectation that pupils respect these differences. This is done through Sensory analysis sessions and also preparing food products for the school's Culture Day that is held each year.

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