

LHA Food Preparation & Nutrition

CURRICULUM



LOSTOCK HALL ACADEMY

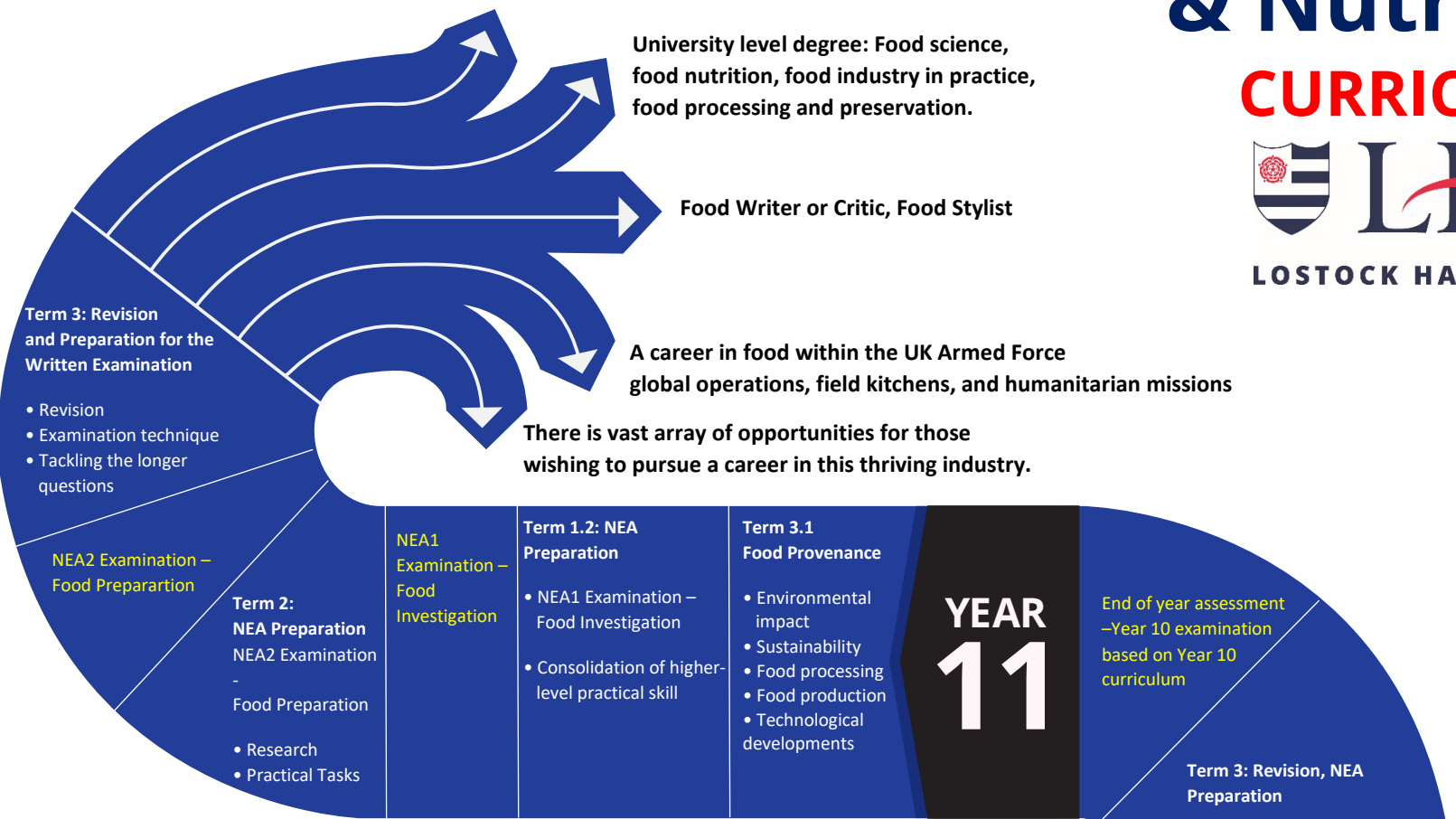
College education (BTEC / A Level) and / or apprenticeships in the food industry.

University level degree: Food science, food nutrition, food industry in practice, food processing and preservation.

Food Writer or Critic, Food Stylist

A career in food within the UK Armed Force global operations, field kitchens, and humanitarian missions

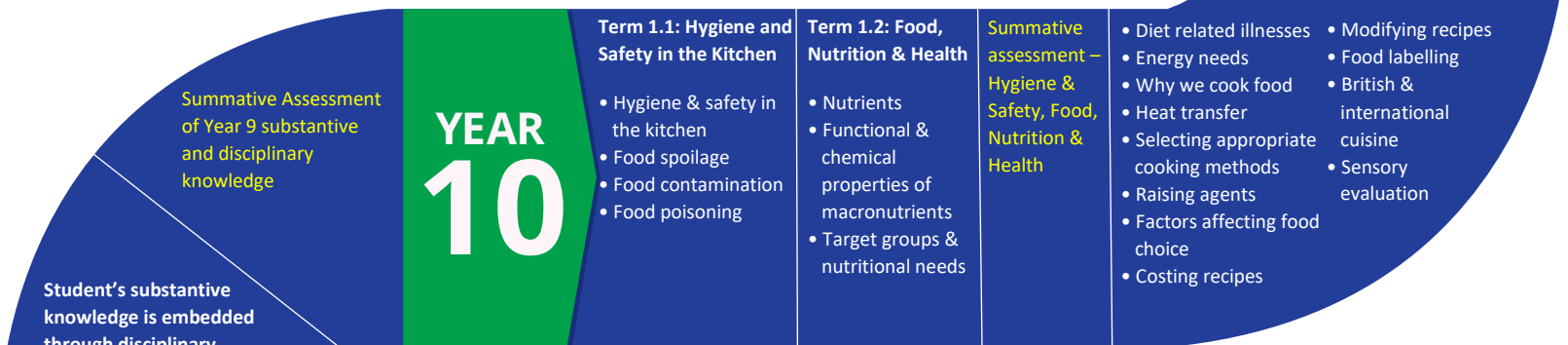
There is vast array of opportunities for those wishing to pursue a career in this thriving industry.



In KS4 Substantive knowledge is revisited and reinforced with disciplinary knowledge during practical lessons.

Complex skills are demonstrated and practised throughout KS4.

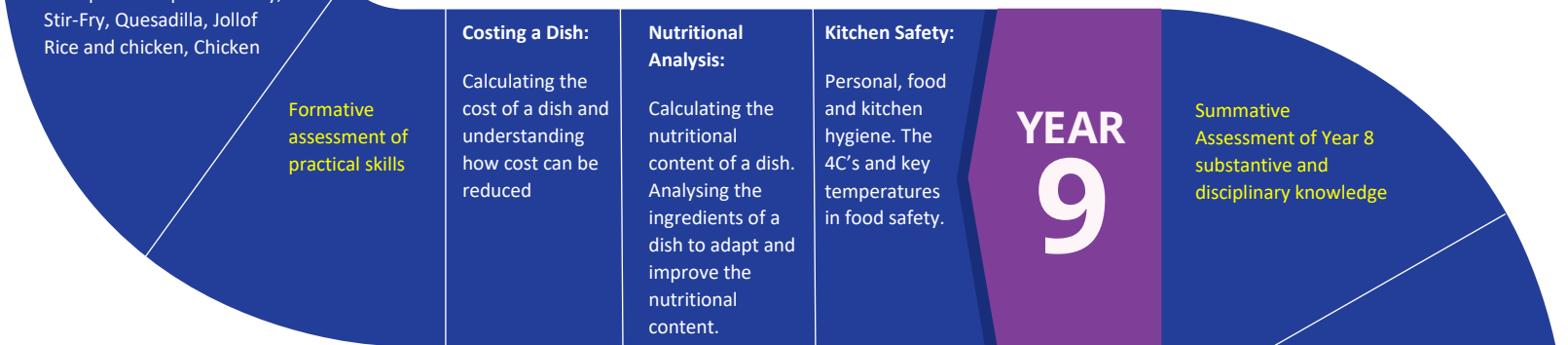
Components of knowledge are brought together to consolidate knowledge and understanding.



Year 9 practical lessons demonstrate disciplinary knowledge through accurate execution of skills:

Year 7 & 8 skills are revisited to develop student independence, equip them with the knowledge and confidence to prepare and cook a repertoire of nutritional dishes within a certain time. Food safety and preparation skills are advanced with the introduction of raw meat.

Disciplinary knowledge assessed throughout KS4 in practical lessons

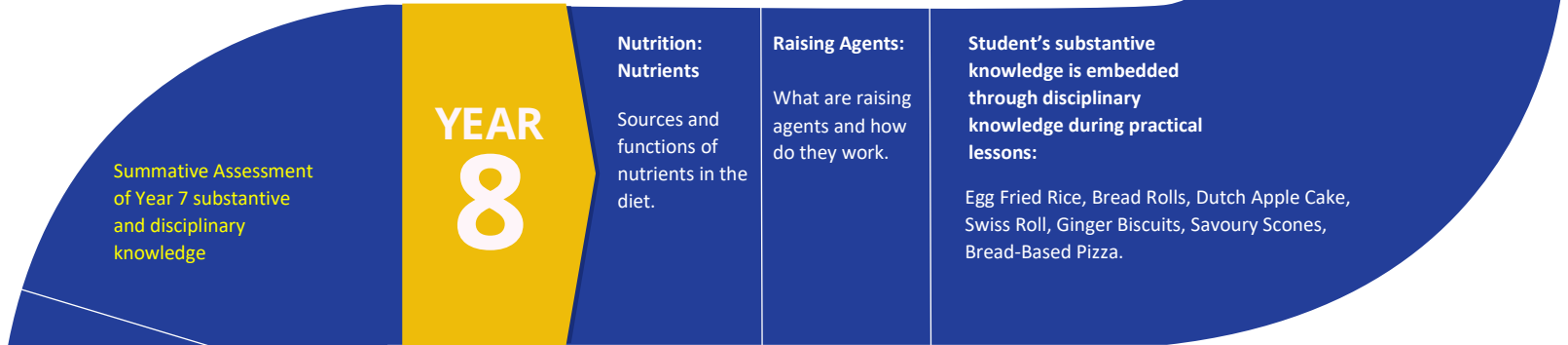


Year 8 practical lessons demonstrate disciplinary knowledge through accurate execution of skills:

Year 7 skills are revisited.

New skills: drain, stir fry, sift, knead, prove, shape, creaming method, beating, folding, melt, combine, using yeast, baking powder and bicarbonate of soda as a raising agent, mechanical aeration.

Extra-curricular activities throughout KS3



Year 7 practical lessons demonstrate disciplinary knowledge through accurate execution of skills:

Safe knife skills: bridge hold & claw grip, mix, stir, measure, weigh, peel, dice, slice, chop, grate, whisk, divide, spread, safe use of the oven and hob, temperature control, shallow fry, boil, simmer, reduce, bake, season, rubbing-in method.

KS3 homework tasks are used to consolidate students understanding of substantive knowledge.

