

## **Reciprocal Reading**

Personal Development at St Cecilia's includes the following:

- Safe Relationships
- Physical Health, Mental Health and Wellbeing
- Relationships and Sex Education
- Equality, Inclusion and Opportunity
- Fundamental British Values
- Citizenship
- Spiritual Development
- Moral Development
- Social development
- Cultural Development
- Character Development
- Catholic Social Teaching
- Futures, Finance and Careers

## Examples Within the Curriculum

### Year 7

Task	Text	Task	Personal Development	Unit and Lesson
1	The History of Pizza Express	Pupils will summarise in text into 5 key points and answer the reflection and evaluation questions.	Individual liberty (BV) and Catholic Social teaching – Option for the poor	Food Provenance
2	Pollybell Power: Growing Green for a Better Future!	Pupils will summarise in text into 5 key points and answer the reflection and evaluation questions.	CST Care for God's creation, British Values individual Liberty and Professional development.	Seasonality section of the booklet
3.	Junk food is half the cost of good diet	Pupils will summarise in text into 5 key points and answer the reflection and evaluation questions.	British values and physical and mental well being	Eating for good health

### Year 8

Task	Text	Task	Personal Development	Unit and lesson
1	Christmas Feasts Through the Ages	Pupils will read the traditions and summarise the 5 different eras. They will then complete the reflection and evaluation questions.	Moral, physical and equality	Hygiene and safety and measurements.
2.	Gordon Ramsay: From Pot Washer to Global Superstar	Summarise Gordon Ramsay success and then answer the evaluation and reflection questions about success and determination	Care for Gods creation CST and British Values including individual liberty.	The Eatwell Guide of the food booklet

		which are evident in the text.		
<u>3.</u>	The Incredible Story of Vimto: From Manchester to the World!	Summarise the history of Vimto and answer the evaluation and reflection questions.	British values, Catholic social teaching and cultural and spiritual development and Physical Health, Mental Health, and Wellbeing	After food investigation on different ingredients to make scones

### Year 9

Task	Text	Task	Personal Development	Unit and Lesson
1	The Hidden Dangers of Food: Understanding Contamination and Poisoning	Pupils will read the text and summarise into 5 key points. They will complete the evaluation question, reflection question.	CST, BV and personal development including Physical Health, Mental Health, and Wellbeing?	Food safety
2.	From Dairy to Dessert: The Story of Mrs Dowson's Farm and Ice Cream	Pupils will read the article on Mrs Dawsons ice cream and summarise the farm. They will then answer an evaluation and reflection question.	British Values including Rule of law and democracy, CST and environmental awareness	Nutrients
3	Eid: A Celebration of Faith, Family, and Community	Pupils will read about the Muslim festival Eid; they will summarise the text and answer the evaluation and reflection questions	British values of mutual respect and cultural development	Food choice at the end of the booklet

**Year 10**

1	Food Waste Revolution: How Supermarkets Are Helping You Save Money and the Planet	Pupils will summarise the text into 5 key points and answer evaluation and reflection questions	Moral Development, British Values including rule of law, CST and moral development including environmental concerns	Fruit and Vegetables topic
2	From Sea to Sizzle: The Truth Behind the Tractor	Pupils will read the information about the Red Tractor Assurance Scheme summarise into 5 key points. They will then answer the evaluation and reflection questions based on the topic	Links with British values rule of law, mutual respect and CST of stewardship and care for God's creation.	Dairy, Milk and Eggs
4	Loaf it or leave it	Pupils will read the article about how bread is produced on large scale and summarise it into 5 key points. They will then answer the evaluation and reflection questions based on the topic	British Values including rule of law, CST and moral development including environmental concerns	Breads and cereals
4	The Meat behind the Golden arches	Pupils will read the article about how McDonalds source their meat and summarise it into 5 key points. They will then answer the evaluation and reflection questions based on the topic	British Values including rule of law, CST and moral development including environmental concerns	Meat and Fish section
5	Kitchen Brigade: Unleashing Culinary Chaos with Order!	Learners will read the text and summarise five roles. They will complete the reflection and evaluation questions	British Values and professional development	Careers Week

## Year 11

Task	Text	Task	Personal Development	Lesson and Unit
1	Carbohydrates: The fun fuel of your Body	Learners will read from the booklets and summarise it into 5 key points. They will then answer the evaluation and reflection questions based on the topic	Personal development including Physical Health, Mental Health, and Wellbeing?	Research and Exam Techniques
2	Proteins: The building blocks of your body –	Learners will read from the booklets and summarise it into 5 key points. They will then answer the evaluation and reflection questions based on the topic	CST, BV and personal development including Physical Health, Mental Health, and Wellbeing?	Research and Exam Techniques
3	Essential Fuel for your Body	Learners will read from the booklets and summarise it into 5 key points. They will then answer the evaluation and reflection questions based on the topic	CST, BV and personal development including Physical Health, Mental Health, and Wellbeing?	Research and Exam Techniques
4	Tiny but mighty	Learners will read from the booklets and summarise it into 5 key points. They will then answer the evaluation and reflection questions based on the topic	CST, BV and personal development including Physical Health, Mental Health, and Wellbeing?	Research and Exam Techniques
5	The Multicultural world we live in today	Learners will read from the booklets and summarise it into 5 key points. They will then answer the evaluation and reflection questions based on the topic	CST, BV and personal development including Physical Health, Mental Health, and Wellbeing?	Research and Exam Techniques

