

Food

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Curriculum Intent: The preparation and consumption of food offers a sensory experience that is unrivalled. Preparing and sharing cooked dishes is one of the greatest expressions of human creativity, we seek to instil a love of cooking in our students that will open their door to that experience. Learning how to cook is a crucial life skill that enables our students to feed themselves and others affordably and well, now and in later life. Engaging with a Food curriculum enables students to broaden their horizons and offers them a greater understanding of the world in which we live. Students are taught to develop food knowledge, understanding and skills in preparing of food for being 21st century citizens. The Food curriculum is designed to create learning that may lead to career opportunities. Skills and training are a high priority in giving a level of life choices and life chances to all students. Using creativity and learned skills, students apply their knowledge to solve real and relevant problems within a variety of contexts. Students learn how to take risks, becoming resourceful, creative, imaginative and capable citizens. High-quality Food education makes an essential contribution to the creativity, culture, wealth and well-being of the nation.

We share our knowledge of:

- **Food Nutrition:** Develop an understanding of the principles of nutrition and healthy eating to make positive food choices.
- **Food Science:** Develop a scientific understanding of the properties of food and their chemical changes during preparation and cooking.
- **Food Choice & Provenance:** Learning about the principles of 'farm to fork' and provenance whilst demonstrating an understanding of the dietary requirements in different countries, cultures, and cuisines.
- **Food Safety:** Understand the risks involved with the storage, preparation, and cooking of foods, having fun whilst staying safe.
- **Cooking with Knowledge and Skill:** Preparing food products and meals in response to individual demands using traditional and contemporary cooking techniques.

	Core Knowledge	Procedural Knowledge
Autumn Term 1	Topic: Project - Fight Bac Students learn how to control bacteria in the food environment. Including: Bacteria multiplication. The definition of pathogenic. Temperature control. Growth conditions Danger zone. Control measures.	Students will: Learn basic kitchen procedures and skills. Including - Washing up Weighing Measuring Basic equipment recognition Bridge and Claw Grating Practical pace/ timing Mixing stirring Cleanliness Safety
Autumn Term 2	Topic: Project - You are What You Eat. Students learn about Macronutrients. Including - Eatwell Guide Types of macronutrients Sources Functions Structure	Students will: Continue building practical skills - Baking Shaping Rolling Hob work Kneading Following a recipe Chopping Dicing

Spring Term 1	Topic: Project - You are What You Eat. Students learn about Macronutrients. Including – Deficiency of Macro Nutrients Excess of Macro Nutrients	Students will: Continue building practical skills – Heat control Following a recipe Folding Peeling Trimming Slicing
The second half of the year is a repeat of content of the first three half terms with a rotation of a different group of students.		
Homework: Sourcing ingredients for practical lessons. 1 written homework on protein. Knowledge organiser for revision for the assessment.		
Assessment: 2 teacher-assessed and self-assessed practical dishes. Digital summative assessments once per rotation (19 weeks).		
Links to Personal Development: Careers include - Food scientist, Food Product Developer, Dietician, Nutritionist and within the Hospitality and Catering sector. Principles of healthy eating and nutrition delivered to develop understanding of physical and mental health. Understanding risks to personal wellbeing through healthy eating.		
How is my knowledge further developed in Year 8? In Y8 students will study micronutrients and food choice, learning how to purchase food and ingredients alongside developing their kitchen craft including washing up, using an oven and knife skills.		