

# Food at Unity Academy Blackpool



Our Food provision aims to teach students how to cook and apply the principles of nutrition and healthy eating. We aim to instil a love of cooking that will open the door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables students to feed themselves and others affordably and well, now and in later life.

All pupils will study food in years 7-9 and then can choose to continue as Hospitality and Catering.



## BIG IDEAS

Skills developed during year 7 and 8 will help pupils learn about the principles of nutrition and what constitutes a healthy diet.

If pupils continue with food and opt to take Hospitality at GCSE level they will continue to learn more complex dishes that could be served at home or in an establishment. They will learn about cooking for a range of nutritional and dietary requirements.



## CONTENT AND SEQUENCING

**Year 7** – Pupils are introduced to basic practical skills such as knife skills, peeling, chopping, grating. They will learn safe use of the hob and oven alongside good hygiene and food safety practice. Pupils will learn the principles of healthy eating and link to the Eatwell Guide and the 8 tips for healthy eating.

**Year 8** – Diet and Health. Pupils learn about nutrients and their function in the body. They will learn about energy balance and the source of each nutrient. Practical skills build on skill acquired during year 7 and increase in complexity.

**Year 9** – Pupils will learn about diet through life. They will look at nutritional requirements of specific groups such as babies, toddlers, children, adults and later adulthood. They will cook a range of dishes that are suitable for each life stage and therefore increase knowledge of dishes for families.

**Year 10** – Pupils will learn about the Hospitality and Catering industry. They will learn about job roles, types of establishment and staffing structures. They will continue to cook a range of sweet and savoury dishes that are of greater complexity than in KS3. Pupils will sit the Unit 1 exam at the end of the year.

**Year 11** – Pupils will cook a selection of dishes that fit the needs of a given brief. Pupils will select the dishes and then link to nutrition and factors that affect the success of a menu. They will also create a time plan that shows dovetailing of a number of dishes.

## LINKS WITH VOCABULARY AND



Following written instructions

Introduction to subject specific language.

Researching given themes.

Accurately following and writing written sequences for recipes.



## RETRIEVAL PRACTICE

Recall questioning

Questioning regarding processes and stages involved in making food to a high standard.



## PROGRESS

Pupils will be able to independently use the hob, grill and cooker to make a range of dishes.

Pupils will also be able to follow a recipe.

Complexity of dishes increases in each year group.



## SUPPORT

Knowledge organisers

Technical support from Food technician

One to one support as necessary