

## Personal Development

Personal Development Themes					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
- Spiritual, moral, social and cultural development	- Healthy living - British Values	- Equality and diversity	- Careers guidance	- Citizenship	- Preparation for next stage

Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 7,8 &amp; 9</b>	<p>Explore how a range of beliefs influence food choice and habit</p> <p>Look at the benefits of organic food.</p> <p>Discuss dietary beliefs, such as kosher and vegetarianism</p>	<p>Healthy eating theme- We will be looking at the eat well plate, food labelling and portion size.</p> <p>British Values- Themed recipes from around the world.</p>	<p>Explore ways to cook healthy meals on a budget. Discuss food traditions and celebrations around the world.</p>	<p>Discuss and compare job roles and responsibilities in relation to culinary arts.</p>	<p>Work together with another curriculum area to plan and prepare a charity cake bake event.</p>	<p>Preparation for next academic year- discuss qualifications and expectations. Preparation for mainstream or other alternative provisions.</p>

## Personal Development

<p><b>Year 10 &amp;11</b></p>	<p>Explore how a range of beliefs influence food choice and habit</p> <p>Look at the benefits of organic food.</p> <p>Discuss dietary beliefs, such as kosher and vegetarianism</p>	<p>Unit 2 will be delivered. Unit 2 is about nutritional value of food, healthy eating and adapting recipes to make them healthier.</p> <p>British Values- Themed recipes from around the world.</p>	<p>Look at ways of changing recipes to make them accessible for people with different dietary requirements. e.g. vegan, gluten free, celiac disease, Halal etc.</p>	<p>Visit to Southend College to look around at the facilities. 121 appointments with the careers advisor.</p>	<p>Final assessment- Cook a three course meal according to a brief. The brief will contain elements of citizenship e.g. use organic veg.</p>	<p>Preparing for job and personal statements for college and apprenticeships</p>
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