

FOOD PREPARATION AND NUTRITION – CURRICULUM INTENT

ASPIRE – CHALLENGE – ACHIEVE

Welcome to the Food Department where students learn the invaluable life skill of cooking and the pleasure of creating a wide variety of mouth-watering dishes. Our philosophy is to develop creative, confident and independent cooks.

Through following the national curriculum for Food the focus is on learning a wide variety of cooking skills whilst working safely and hygienically. The dishes selected to cook in practical lessons are chosen carefully to practice specific skills, whilst being mindful of cost, dietary requirements and lesson time. Students are encouraged to adapt the basic recipes through discussion with the teacher and creativity is actively encouraged. As part of our assessment, students will regularly get an opportunity to select their own dishes to cook and further develop their skills. This is achieved through meeting a brief and carrying out research and planning. Following practical sessions students will reflect on their dishes through homework tasks involving self, peer and family assessment to evaluate their work and identify how they can improve and adapt.

As well as practical cooking lessons, students will carry out a range of activities to develop their subject vocabulary, knowledge of and understanding of food-related topics. A key focus is nutrition and the close relationship food has with health. We also explore the science behind cooking and why certain foods and ingredients behave like they do. Students will also learn about social, moral, ethical and environmental issues relating to food.

Regular intervention and support is offered across all key stages to help students make their expected progress and achieve success in this subject.

FOOD PREPARATION AND NUTRITION – CURRICULUM MAP

Key = Matching colours denote links between topics either in content or skills across Key Stages

7	Basic practical Food Skills	Food hygiene and safety	Eat well Guide	Designing a dish for a picnic	Equipment	Sensory evaluation
8	Developing practical skills	Nutrition	Designing a cake for a celebration	Multicultural cooking	Food hygiene and safety	Researching what food people want and need
9	Food commodities	Design a dish for the canteen	Level 2 Food Hygiene qualification	Special dietary requirements	Great Spalding Academy Bake Off	Animal themed baking
10	Cooking and food preparation	Principles of nutrition	Diet and good health	The science of food	Where food comes from	Food commodities
11	Assessment 1: Preparation	Assessment 1: The Food Investigation Assessment 15% of total qualification	Assessment 2 Preparation	Assessment 2: The Food Preparation Assessment 35% of total qualification	REVISION	GCSE EXAMS