

Food and Nutrition:

INTENT :

What is the curriculum aim/vision for this subject?

- To provide an outline of core knowledge around which teachers can develop exciting and stimulating lessons to promote the development of pupils' knowledge, understanding and skills.
- To equip students with a crucial life skill that enables students to feed themselves and others affordably and well, now and in later life
- Students will be able to prepare food and cook a range of predominantly savoury foods using a range of cooking techniques.
- Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.
- Apply the principles of nutrition and healthy eating using the skills and knowledge acquired. to underpin a wide range of employment opportunities
- To encourage creativity and provide both enjoyment and a sense of pride.
- To respond to pupils' needs and overcoming potential barriers for individuals and groups of pupils

What do we expect students to get from this subject?

- Practical experience in preparing and cooking basic foods
- The ability to make informed choice in respect of diet and lifestyle.
- Students should be challenged and engaged to achieve or exceed their expected progress
- Nationally recognised accreditation at an appropriate level
- Increased confidence and independence
- Development and application of pupils' numeracy and mathematical reasoning and knowledge so that they understand and appreciate the importance of mathematics in everyday life
- Develop pupils' spoken language, reading, writing and vocabulary as integral aspects of the teaching of every subject.
- Students make a positive contribution to the learning of others through the development of their team-working and practical skills

IMPLEMENTATION:

How does learning develop over the five years?

- The National Curriculum is the basis of all schemes of work, where appropriate, further developed by links with The British Nutrition foundation and DATA.
- On Joining Sandfield students will undertake a series of activities to form a base line assessment.
- Students with additional physical needs are encouraged to identify and use a range of specially adapted equipment to access the National Curriculum programme of study.
- Some students follow an adapted curriculum according to their needs and EHCP, Eg. increased sensory experience,
- The students develop practical skills The range of learning and developmental needs require constant stimulation and an understanding of when to break away from traditional methods.

Food and Nutrition:

Personal Development – To develop healthy individuals

- Understand and apply the principles of nutrition and health
- Understand how nutritional needs vary with age and health conditions
- Understand the source, seasonality and characteristics of a broad range of ingredients
- Demonstrate a repertoire of predominantly savoury dishes as part of a healthy and varied affordable diet
- Instilling a love of cooking that leads to self-sufficiency and independence

Cultural Capital – Essential knowledge pupils need to be good citizens and to make a positive contribution to the community

- Understand the economic, environmental, ethical, environmental, ethical, religious and socio-cultural influences on food availability, production processes, and diet and health choices
- Understand how food contributes to various religious and spiritual events and celebrations
- Explore a range of ingredients and processes from different culinary traditions
- Instilling a love of cooking that enable students to feed themselves and others

Academic Achievement

To make, at least, the expected academic progress,

To provide challenging tasks

- Ensuring that students achieve their expectations in a creative and innovative way
- Demonstrate knowledge of functional chemical and nutritional properties, the sensory qualities and the microbiological considerations leading to the food preparation
- Critique, evaluate and test food and the food of others
- Apply the principles of nutrition and healthy eating in learning between subjects and beyond the classroom as understanding of nutrition and food ultimately fuels better academic success across the curriculum

Implementation

Personal Development – To develop healthy individuals

Students will learn and develop an understanding about energy, nutrients, water and fibre, diet and health and nutritional needs throughout life and health and nutritional needs throughout life

- Students will consider issues around nutrition and physical, intellectual wellbeing
- Students are encouraged to use all the ingredients to make healthy nutritious predominately-savoury dishes for their families in line with the principles of The Eatwell Guide

Food and Nutrition:

- Students are encouraged to use ingredients, which may appear to be beyond shelf life but are still useable in sauces, soups, in order to make healthy nutritious dishes and reduce food waste in the home.
- Students at KS4 will consider how to make several healthy nutritious dishes from one ingredient. For example, deboning a chicken to make several dishes
- Students are encouraged to use fresh, seasonal, local ingredients where possible to make healthy nutritious dishes
- Students will consider 'Food Provenance' and 'Food Origins' to include where and how foods are grown, reared, or caught and what is 'Fairtrade' and 'Organic' when purchasing foods
- Students will learn and develop an understanding about food safety, including the preparation and safe storage of food, and sound microbiological food safety principles when buying, storing, and preparing food and how to use equipment safely; health and safety at work

Cultural Capital – Essential knowledge pupils need to be good citizens and to make a positive contribution to the community

Attitudes – To make a positive contribution to the community

- Understand the economic, environmental, ethical, religious and socio-cultural influences on food availability, production processes, and diet and health choices
- Understand how food contributes to various religious and spiritual events and celebrations
- Explore a range of ingredients and processes from different culinary traditions
- Instilling a love of cooking that enable students to feed themselves and others
- Students will learn and develop an understanding of individuals with specific lifestyle needs to include vegetarians: lacto-ovo, lacto, vegan, and those with religious beliefs that affect choice of diet, to include Sikh, Hindu, Muslim, Jewish
- Students at KS3 will use recipes to develop cooking skills but these can be adapted to suit personal tastes, family dietary/religious needs
- Students at KS4 students will be encouraged to be more creative showing their understanding of individuals with specific dietary needs through planning their recipes, demonstrating appropriate skills and evaluating their dishes according to the needs of the target group
- Students are encouraged to have a sense of pride and self-fulfilment in their work. Student practical work will be teacher/self and peer assessed. Examples of excellent work will be displayed in the department and rewarded through merits and tagging as a 'WOW' moment in EFL app.
- Students are encouraged to know how their food is transported, developing an understanding of 'Food Miles' and the impact food transportation has on our local and global community
- Students are encouraged to consider the environmental and economic benefit of buying locally
- Students will be encouraged to reuse food packaging when appropriate to reduce wider waste
- Students will be encouraged to think about the impact of food waste on the environment, to consider the effects on our local and global community

Food and Nutrition:

- Students at KS4/6th Form will consider the effects of food poverty and how this causes malnutrition and will assess why there has been a rise in food banks in the UK providing assistance to people facing hardship.
- The subject will develop understanding of the different aspirational career opportunities available in the food and catering sector. Displays of possible careers and career opportunities are promoted at options evening and open evenings
- The subject aims to encourage a range of employers to visit the department to run active and aspirational engaging cooking and theory-based workshops
- Where appropriate students will also be given the chance to visit a range of establishments to engage with employers about food preparation and nutrition opportunities