

## Curriculum Summary for Food

### **Food Department Vision**

To develop confident, passionate and knowledgeable students who rise to challenges as part of our team, in a calm and safe environment.

To enjoy learning through the exploration of food traditions of different cultures and to create nutritionally balanced dishes whilst considering the dietary requirements of different groups in society.

### **INTENT**

**The purpose of the Food curriculum is to enable students to:**

- Plan and prepare dishes based on their knowledge of the nutritional values of different foods.
- Follow Health and Safety guidelines.
- Enjoy Food as a subject, through exploration of dishes from different countries.
- Express themselves articulately, confidently and clearly.
- Explore factors such as religion and festivals and use this to inform their preparation and presentation of dishes.
- Work safely and explore a broad range of themes and concepts.
- Show progression in their work, building on knowledge and skills.

## FOOD CURRICULUM OVERVIEW 2021-2022

	CONTENT- THE BIG QUESTIONS	SKILLS
YEAR 9	<p><b>Making Choices</b></p> <p>What are the principles of The Eatwell Guide and how do we relate this to diet through life?</p> <p>What are dietary needs throughout life stages?</p> <p>How do we investigate information and guidance available to the consumer regarding food labelling, availability, traceability, food certification and assurance schemes and animal welfare?</p> <p>What are the characteristics of ingredients and how they are used in cooking?</p> <p>How do we adapt and follow recipes to prepare and cook a range of predominately savoury dishes?</p> <p>How do we investigate and discuss new food trends?</p>	<ul style="list-style-type: none"> <li>Secure and demonstrate a range of food skills and techniques.</li> <li>Secure and demonstrate the principles of food hygiene and safety in a range of situations.</li> <li>Secure and demonstrate the knowledge, understanding and skills needed to engage in an iterative process of planning and making.</li> <li>Extend and consolidate literacy and numeracy skills by using them purposefully in a range of everyday situations</li> </ul>
YEAR 8	<p><b>Food and Cooking</b></p> <p>What are the principles of The Eatwell guide and the 8 tips for healthy eating?</p> <p>How and why do people make different food and drink choices?</p> <p>How will food and drink affect the diet?</p> <p>What are diet related illnesses and how are they caused?</p>	<ul style="list-style-type: none"> <li>Demonstrate a range of food preparation and cooking techniques.</li> <li>Adapt and follow recipes using appropriate ingredients and equipment to prepare and cook a range of dishes.</li> <li>Recall and apply the principles of food hygiene and safety.</li> <li>Demonstrate the knowledge, understanding and skills needed to engage in an iterative process of planning and making.</li> <li>Demonstrate and apply their knowledge and understanding of food science.</li> <li>Consolidate literacy and numeracy skills by using them purposefully in order to learn.</li> </ul>

YEAR 7	<p><b>Diet and Health</b></p> <p>What are the principles of The Eatwell guide and the 8 tips for healthy eating?</p> <p>What is energy and how do needs change through life?</p> <p>What are the factors that affect food and drink choice?</p>	<ul style="list-style-type: none"><li>• Adapt and follow recipes using a variety of ingredients and equipment to prepare and cook a range of more complex dishes.</li><li>• Develop and demonstrate a wider range of food skills and techniques.</li><li>• Develop and demonstrate the principles of food hygiene and safety in a range of situations.</li><li>• Demonstrate the knowledge, understanding and skills needed to engage in an iterative process of planning and making.</li><li>• Develop and apply their knowledge and understanding of food science.</li><li>• Apply and consolidate their literacy and numeracy skills by using them purposefully in real-life scenarios.</li></ul>
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