

Food and Nutrition Curriculum Map

Intent – Students will begin to learn how to cook and its importance as a crucial life skill. They will develop their understanding of healthy eating and a balanced diet. They will explore where foods come from and the effects of food transportation and wastage. Students will be taught to produce a range of predominantly savoury dishes. This broad and balanced curriculum will, therefore, ensure that even if students do not continue study into KS4 they will be able to feed themselves and others affordably and well, now and in later life. Food and Nutrition, therefore, supports students to live healthy lifestyles. Key performance indicators of health and safety, nutrition, cooking skills and techniques and food provenance are interleaved across the year to promote long term retention of knowledge. This ensures that students are regularly exposed to practical and theoretical topics, along with careers in industry, which will prepare them well for the KS4 vocational course on hospitality and catering and supports students to continue with the subject at KS5 and in future employment.

	1	2	3	4	5	6
Year 7	<u>Nutrition</u> • Eatwell Guide • Macro/Micronutrients <u>Healthy and Safety</u> • Personal hygiene • The 4C's • Knife safety • Oven safety <u>Food provenance</u> • Seasonality • Food miles <u>Cooking skills (cooking a range of savoury and sweet dishes)</u> Fruit salad, roasted vegetables and couscous, breakfast muffin, savoury scones, apple crumble		<u>Nutrition</u> • Eatwell Guide • LBV/HBV Protein • Dairy and non-dairy <u>Healthy and Safety</u> • Critical temperatures in food • Food storage • Cross contamination • Hob safety <u>Food provenance</u> • Seasonality • Food miles • Dairy farming <u>Cooking skills (cooking a range of savoury and sweet dishes)</u> Chicken goujons, bolognese, garlic bread, pasta salad		<u>Nutrition</u> • Eatwell Guide • Carbohydrates • Dietary needs <u>Healthy and Safety</u> • Allergens and intolerances • Oven and hob safety <u>Food provenance</u> • Food waste <u>Cooking skills (cooking a range of savoury and sweet dishes)</u> Bread, pizza, flapjack, scone assessment	
Year 8 <i>Taught as part of a carousel</i>	<u>Nutrition</u> • Starchy Carbohydrates <u>Healthy and Safety</u> • Bacteria and food poisoning • Cross contamination • Oven and hob safety • Knife safety <u>Food provenance</u>			<u>Nutrition and food science</u> • Benefits of eggs • Function of eggs as an ingredient • Different nutritional and dietary needs • Sugar and alternatives <u>Healthy and Safety</u> • Allergens and intolerances • Oven and hob safety		

	Rice- staple foods <u>Cooking skills (cooking a range of savoury and sweet dishes) from different cultures</u> Pastry making skills- mince pie or jam tart, patty/pasty/empanada Rice- Jollof/Spanish/Indian inspired rice dish, burrito	<u>Food provenance</u> Egg farming <u>Cooking skills (cooking a range of savoury and sweet dishes)</u> Coagulation, aeration, gelatinisation- Eggs, Swiss roll, white sauce, quiche Sugar investigation- cookies	
Year 9	<i>Food Technology is not taught in Year 9, but students can engage with the subject through an optional Cooking Club.</i>		
Year 10 & 11 Hospitality & Catering Level 1/2	Hospitality and Catering is Level ½ is a vocational course equivalent to 1 GCSE The course is comprised of 2 units. Unit 1 is studied throughout year 10 and revised in year 11 - Hospitality and catering providers - Working conditions and contracts - Structure of the industry, front and back of house and job roles - Factors that contribute to success - Health and safety - Food related causes of ill health - The Environmental Health Officer (EHO)	Unit 2 runs throughout as weekly cooking practical’s learning how to prepare and cook dishes and exploring different cooking techniques. All students will cook a range of low, medium and high skilled dishes building on their skills from KS3. In year 11 term 1 and 2 pupils cover nutrition develop their skills on planning for different nutritional needs and understanding the effects of cooking methods on nutrients. The NEA is completed in year 11 terms 3 and 4. Students are given a brief from the exam board and will suggest dishes, analysing and explaining the nutritional benefits. Pupils will then plan, prepare, cook and present two dishes with sides and evaluate their choices and performance.	Pupils will continue to revise unit 1 and sit their exam in term 5

Assessing Impact: To ensure that all students successfully develop knowledge and skills in Food and Nutrition,, they will engage in formative assessment in every lesson and teachers will offer feedback to ensure progress in all areas of study. Pupils will also be explicitly taught self-assessment and peer-assessment in practical and theoretical tasks so that they develop metacognition skills of self-evaluation. A summative assessment at the end of term 1, 3 and 6 will establish the progress pupils have made across the key performance indicators. The impact of the curriculum will also be assessed through the extent to which students try to live healthy lifestyles and understand the impact of their own dietary choices. KS4 success is judged on termly assessments in line with the academy assessment timetable and mock exams in year 11.