



FOOD PREP & NUTRITION CURRICULUM INTENT

HGCSC Mission	Exceptional education for every child, every day
Priority	Provide a broad and balanced curriculum that challenges everyone

FOOD PREPARATION AND NUTRITION DEPARTMENT INTENT

Pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

MAKING	EVALUATING	NUTRITION
<ul style="list-style-type: none"> • Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet. • Become competent in a range of cooking techniques, for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes. 	<ul style="list-style-type: none"> • Pupils will learn to evaluate their own food products as well as the work of others. • They will consider flaws in their own designs, skills and products as well as the work of their peers. • Pupils will reflect on their evaluations and suggest possible future developments to solve problems and to suggest solutions going forward. 	<ul style="list-style-type: none"> • Understand and apply the principles of nutrition and health with particular reference to the Eat Well Guide. • Understand where food comes from, seasonality and how this affects the food we eat and characteristics of a broad range of ingredients.

CURRICULUM AIMS

Our Food Technology curriculum aims to ensure that all pupils:

- Become proficient in making high quality products using a broad range of ingredients.
- Learn a broad range of practical cooking techniques
- Evaluate their own work as well as the work of others using subject specific language.
- Learn about key principles of nutrition including the Eat Well Guide and learn how to make informed healthy choices.
- At GCSE 5 core topics include: Food, nutrition and health; Food Science; Food Safety; Food Choice and Food Provenance
- Opportunity to develop some food preparation and cooking skills as well as transferable skills of problem solving, organisation and time management, planning and communication. (GCSE)

5 YEAR PLAN

Give an overview of what your curriculum will achieve (in the classroom and through enrichment opportunities):

By the time pupils complete their study of Food Technology they will be competent in a wide range of practical skills. Pupils will have a strong awareness about health and safety. They will know about health and nutrition and will be able to make informed choices when it comes to the food they eat. They will have learnt how to critically evaluate not only their own products but the products of their peers. Pupils will have an awareness of the Food industry and the vocational roles and opportunities available to them through both study and educational visits.

SKILLS

List the main skills pupils will learn and develop over the curriculum:

- To be able to work safely and accurately with a broad range of ingredients and equipment.
- To develop their own ideas and reflect on them, as well as seeking constructive criticism.
- To learn a range of preparation, cooking and serving skills to produce quality outcomes.
- To evaluate, analyse and assess their own products as well as their peers.
- To learn transferable skills of problem solving, organisation and time management, planning and communication.

KNOWLEDGE

List the main subject knowledge pupils will learn and develop over the curriculum:

- Pupils will know a wide range of subject specific vocabulary and be able to use it accurately.
- Pupils will study a wide range of preparation and cooking processes and techniques.
- Pupils will learn about nutrition and specifically the Eat Well Guide.
- Pupils will learn about functions of ingredients and the impact they have on the food we are making.
- Pupils will learn about where food comes from including seasonality.
- Pupils will learn about the Food Science including heat transfer and the functional and chemical properties of foods.
- Pupils will learn about Food choice and factors affecting food choice, British and International cuisine.
- Pupils will learn about sensory evaluation and how to carry out sensory testing.
- Pupils will learn about food related causes of ill health including intolerances and allergies.
- Pupils will learn about food safety legislation including labelling and marketing.