



## Subject: Food and Nutrition

Year Group: Year 7

### Curriculum Intent:

Food and Nutrition is an inspiring, rigorous and practical subject. Using creativity and imagination, all pupils design and make products that solve real and relevant problems within a variety of contexts, considering their own and others' needs, wants and values. They acquire a broad range of subject knowledge and draw on disciplines such as mathematics, science, computing and art. Pupils learn how to take risks, becoming resourceful, innovative, enterprising and capable citizens. Through the evaluation of past and present food technology, they develop a critical understanding of its impact on daily life and the wider world. High-quality food and nutrition education makes an essential contribution to the creativity, culture, wealth and well-being of the nation.

This is done through:

- Providing all basic ingredients for all pupils whilst additional or alternative options are voluntarily supplied by pupils allowing individual expression.
- As is reasonable within the classroom context, accommodating individual dietary requirements, religious choices and allergy needs.
- Exploring a wide range of cuisines, dishes, foods and ingredients.
- Developing tolerance and respect amongst pupils through learning about food choices made on the basis of culture, religion and beliefs.
- Recognising the implication of freedom of choices on the welfare of producers, the environment, the local and global economy (e.g. seasonality, animal welfare, Fairtrade, food miles, etc)
- Providing opportunities to explore the opportunities for further study and career prospects in Food and Nutrition.

### College Values:

Pupils work collaboratively and co-operate with each other and staff to affect change in the classroom, the school and in the wider community (pupil voice, Healthy Schools, etc).

Pupils develop a basic understanding and respect of the legal requirements surrounding food production, labelling and selling.

In Food and Nutrition, we actively work to develop tolerance and respect amongst pupils through learning about food choices made on the basis of culture, religion and beliefs. Pupils will learn to recognise their responsibility and stewardship when exercising free choice by fully exploring the implication of food choices on the welfare of producers, the environment, the local and global economy (e.g. seasonality, animal welfare, Fairtrade, food miles, etc).

### Knowledge and Skills:

Through this scheme of work, pupils will:

- recall and apply the principles of *The Eatwell guide* and the 8 tips for healthy eating, to their own diet;
- discuss energy and how needs change through life;





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- name the key nutrients, sources and functions;
- acquire and demonstrate a range of food skills and techniques;
- adapt and follow recipes using appropriate ingredients and equipment to prepare and cook a range of dishes, increasing in complexity;
- acquire and demonstrate the principles of food hygiene and safety;
- identify how and why people make different food and drink choices;
- demonstrate the knowledge, understanding and skills needed to engage in an iterative process of planning and making;
- acquire and apply a knowledge and understanding of food science;
- apply and consolidate their literacy and numeracy skills by using them purposefully in real-life scenarios;

## Assessment:

Pupils will be assessed during lessons through self, peer and teacher verbal feedback and adapt their work as it develops.

Practical work is assessed verbally during the lesson with self assessment carried out through evaluations.

Formal assessments will take place in a range of ways; baseline assessment at the start of each carousel, end of unit tests and one project per carousel.

## Homework:

Homework will be set through Google Classroom and will include research tasks, evaluations of practical activities and consolidation quizzes.

## Cultural Capital:

We recognise the context of our community and aim to equip all students with the cultural capital to enable them to access their next steps by providing opportunities to explore the opportunities for further study and career prospects in Food and Nutrition.

Pupils are offered the opportunity to work with and taste a wide range of cuisines, dishes, foods and ingredients that they may not necessarily be familiar with.

<https://www.foodafactoflife.org.uk/>

<https://www.ifst.org/lovefoodlovescience>

