

Food

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Curriculum Intent: The preparation and consumption of food offers a sensory experience that is unrivalled. Preparing and sharing cooked dishes is one of the greatest expressions of human creativity, we seek to instil a love of cooking in our students that will open their door to that experience. Learning how to cook is a crucial life skill that enables our students to feed themselves and others affordably and well, now and in later life. Engaging with a Food curriculum enables students to broaden their horizons and offers them a greater understanding of the world in which we live. Students are taught to develop food knowledge, understanding and skills in preparing of food for being 21st century citizens. The Food curriculum is designed to create learning that may lead to career opportunities. Skills and training are a high priority in giving a level of life choices and life chances to all students. Using creativity and learned skills, students apply their knowledge to solve real and relevant problems within a variety of contexts. Students learn how to take risks, becoming resourceful, creative, imaginative and capable citizens. High-quality Food education makes an essential contribution to the creativity, culture, wealth and well-being of the nation.

We share our knowledge of:

- **Food Nutrition:** Develop an understanding of the principles of nutrition and healthy eating to make positive food choices.
- **Food Science:** Develop a scientific understanding of the properties of food and their chemical changes during preparation and cooking.
- **Food Choice & Provenance:** Learning about the principles of 'farm to fork' and provenance whilst demonstrating an understanding of the dietary requirements in different countries, cultures, and cuisines.
- **Food Safety:** Understand the risks involved with the storage, preparation, and cooking of foods, having fun whilst staying safe.
- **Cooking with Knowledge and Skill:** Preparing food products and meals in response to individual demands using traditional and contemporary cooking techniques.

	Core Knowledge	Procedural Knowledge
Autumn Term 1	Topic: Project - From Farm to Fork. Students learn about where food comes from. Including - Food choice Grow, reared and caught Ethics Fishing methods Egg farming	Students will: Cook dishes that require a combination of skills dovetailed together. Including - Measuring and Weighing Mixing Chopping, Peeling and Trimming Boiling Emulsification Baking and Kneading Grating Creaming Chiffonade

Autumn Term 2	Topic: Project - From Farm to Fork. Students learn about where food comes from. Including - Seasonality Carbon Impact Food miles GM Food	Students will: Cook dishes that require a combination of skills dovetailed together. Including - Grilling Poaching Scrambling Baton Chiffonade Juicing
Spring Term 1	Topic: Project - Eat A Rainbow - Students learn about Micronutrients. Including - Vitamin A, B, C, D, E and K Iron Calcium Sources Functions Structure Excess Deficiency	Students will: Cook dishes that require a combination of skills dovetailed together. Including - Zesting Crimping Mixing Bacteria control Cross contamination Stir frying Glazing Working with meat
The second half of the year is a repeat of the first half with a different group of students.		
Homework: Sourcing ingredients for practical lessons. 1 written piece of work on the topic of food provenance. Knowledge organiser for revision for the assessment.		
Assessment: 2 teacher-assessed and self-assessed practical dishes. Digital summative assessments once per rotation (19 weeks).		
Links to Personal Development: Careers include: Food scientist; Food product developer; Dietician; Nutritionist and within the Hospitality and Catering sector. Understanding risks to personal wellbeing through food safe practices. Cultural development achieved through delivering the factors which effect food choice. Social development achieved whilst celebrating the advantages of eating together.		
How is my knowledge further developed in Year 9? In Y9 Food students will learn about Food Provenance, how to effectively meal plan and work to a budget as well as continuing to develop skills with more complicated recipes.		