

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 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 - Bite Back. Students learn about the nutritional value of food and ultra processed food. Including - What is a healthy diet The history of eating What is UPF? Hyper palatability Food safety.	Students will: Make dishes that are homemade alternatives to UPF food. Including - Kneading Shredding Simmering Brunoise Baton Tempering Pickling Slicing Dicing
Autumn Term 2	Topic: Project - Skills for Life. Students how to cook for themselves. They adapt recipes, read food labels and make shopping lists. Including - Using basic ingredients for a base for dishes Writing a shopping list Seasonality and seasonal shopping Food prices	Students will: Make dishes that can feed the whole family. Including - Creaming Pane Roasting Baking Emulsifying Shaping Piping Marinating

Spring Term 1	Topic: Project - Skills for Life. Students how to cook for themselves. They adapt recipes, read food labels and make shopping lists. Including - Food poverty Special diets Food safety	Students will: Make dishes that can feed the whole family. Including - Slicing Dicing Boiling Simmering Emulsifying Shaping Piping Marinating
Spring Term 2	Topic: Project - You Are What You Eat. Students look at macro and micronutrients. Including - Macro nutrients Micronutrients Structure Sources Functions	Students will: Cook healthy meals according to a specific brief. Including - Slicing Tempering Baking De-boning Crimping Par- boiling Mincing Julienne Rubbing in Thickening Weighing Measuring
Summer Term 1	Topic: Project - You Are What You Eat. Students look at macro and micronutrients. Including - Interpreting recipes Identifying needs Designing special diets Vegetarian cooking	Students will: Cook healthy meals according to a specific brief. Including - Weighing Measuring Garnish Piping Knife skills presenting Heat control Sugar work
Summer term 2	Topic: Project - MasterChef. Students learn how to present food ready for the NEA by taking part in a MasterChef competition. Including - Planning dishes Sourcing recipes Trialling recipes Presenting dishes	Students will: Use all of the skills from KS3 to take part in the MasterChef competition. Quarter finals and semi-finals will be in lesson time. Including - All of the above

Homework:

Sourcing ingredients for practical lessons.
2 written pieces of work on ultra processed food and macro and micronutrients.
Knowledge organiser completion for assessment weeks.
A case study on hospitality and catering outlets.
Planning for the MasterChef competition.
Writing a shopping list task.

Assessment:

Digital summative assessments.
Practical assessments on the following dishes: -
Carbonara.
Empanadas.
Focaccia Bread.
Chow Mein.
Viennese Biscuits.

Master Chef dish.

Links to Personal Development:

Careers include: Food scientist, Food product developer, Dietician, Nutritionist and within the Hospitality and Catering sector.

Principles of healthy eating and nutrition delivered to develop understanding of physical and mental health.

Understanding risks to personal wellbeing through healthy eating.

How is my knowledge developed further at GCSE?

The department offer two courses in Year 10 and 11: GCSE Food Preparation and Nutrition and L1/2 Hospitality and Catering. The GCSE option provides students with a deeper understanding of the following core principles of GCSE Food Preparation and Nutrition: Nutrition, Science, Safety and Provenance and Choice.

Within the Hospitality and Catering vocational award students focus their learning on the Hospitality and Catering Industry and expectations within. Modules include Success criteria for Hospitality and Catering establishments, Job roles within the Hospitality and Catering industry, Food safety and Legal requirements for all Hospitality and Catering establishments.