

Food & Nutrition KS3 Intent Statement

Intent

Food and Nutrition in our school will equip students with the knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating. Our curriculum will encourage students to cook and enable them to make informed decisions about a wide range of further learning opportunities and career pathways as well as develop vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life.

Goal for every student

- The main aims are for students to learn how to make food, which is safe to eat, focussing upon key practical skills, using basic tools, equipment and processes.
- Each practical session is sequenced and designed to further develop and embed the key skills.
- Each student will investigate how to have a well-balanced diet and how this links to their health and wellbeing.
- If students would like to practice their cookery skills at home the recipes can be downloaded from our on-line site.

Through food and nutrition, students will:

1. Demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment
2. Develop knowledge and understanding of the functional properties and chemical processes as well as the nutritional content of food and drinks
3. Understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health
4. Understand the economic, environmental, ethical, and socio-cultural influences on food availability, production processes, and diet and health choices
5. Demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food
6. Understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international), to inspire new ideas or modify existing recipes.

Implemented pace

Year7 1, 2, 3, 5, 6

Year 8 1, 2, 4, 5, 6

KS4 1, 2, 3, 4, 5, 6

Impact

- The KS3 workbook has a progress tracker on the front page on which the student has the opportunity for self-reflection and record on-going progress.
- Practical assessments are completed by all teachers throughout the topic
- Written assessments are completed by all teachers at the end of the topic cycle followed by GEM work
- GEM work based on KPIs
- Moderation of assessment task marking completed during JPD session