

What are the aims and intentions of this curriculum?

Students will become independent, resourceful and respectful individuals by exploring different cultures, beliefs and traditions with food. The scheme of work for Year 7 and 8 links into many subjects with topics such as sustainability and world food cultures, science with food chemistry, microbiology and nutrition. It aims to develop social and life skills within the classroom that will encourage each child to link nutrition and health to wellbeing. Food technology allows children to gain a range of practical skills to help them to be creative and independent. Throughout Food Technology there is focus on preparing healthy dishes safely and hygienically. They will invest in their practical work to enable key life skills. Students are encouraged to be creative via the Scheme of Work taking into consideration diversity, tolerance and individuality which is celebrated. Linking to religious studies with food beliefs and choices, how British values have influenced the history of eating patterns and food availability. Along with basic nutrition and the importance of a balanced diet. Children will develop their practical skills, to further develop their confidence and independence in this area. Food technology is an open door to the possibilities of how our next generation will appreciate the food foot print and the eco-friendly world that is needed a head of them. Food Technology is inclusive of all different styles of learning and assessed through a variety of practical tasks, quizzes, team building and over all intelligence on what food does for us.

Term	Topics	Knowledge and key terms	Skills developed	Assessment
Autumn 1	Mental wellbeing How food supports mental health and the effects it has on physical abilities e.g. energy, moods, weight and mental abilities.	Design and make a series of meals that would be suitable for different cultures, selecting appropriate materials, components and equipment with a focus on the quality of preparing ingredients.	Food technology gives students the opportunity to evaluate their lifestyle choices and what is open to them. They will engage in teamwork, life and emotional skills they will need in life to support them in making the correct choice. Independent Enquirers Creative thinkers, Reflective learners, Team workers	It aims to develop social and life skills within the classroom that will encourage each child to link nutrition and health to wellbeing. Assessment Plans Skills set and progress Questioning (open and targeted), Observation - peer/teacher, Class discussion, Q&A, Use of self- assessment criteria during practical tasks

Autumn 2	<p>Physical health and fitness Balanced diets, recognising labels for information on weight, links with diet and exercise, concerns around fast food fast life, health issues and food, allergies, culture and traditions.</p>	<p>Students will have progressed further and will: Evaluate and justify their design choices by showing that they are fully aware of the component characteristics.</p> <p>Give them a variety of experience and open up their view on food and its impact on them.</p>	<p>Making the right food choices and understanding why.</p>	<p>Students to complete online health and safety, hygiene tests.</p> <p>Practical assessments, AFL, Peer assessment and teacher feedback Cross Curriculmn activities with PE</p>
Spring 1	<p>Healthy eating how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.</p>	<p>Understanding the importance of food nutrition and a balanced diet.</p>	<p>Time management and future planning Along with basic nutrition and the importance of a balanced diet. Children will develop their practical skills, to further develop their confidence and independence in this area.</p>	<p>Criteria during practical tasks time management and future planning. Guidance on further Design education and career opportunities. Criteria during practical tasks</p>
Spring 2	<p>Health and prevention Personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics – each practical lesson will cover the items listed.</p>	<p>To demonstrate the use of spices and herbs in flavouring a dish, and the skills of vegetable preparation, sautéing, simmering.</p>	<p>To apply the principles of food safety and hygiene when cooking.</p> <p>To prepare and cook a savoury main meal dish, such as mini meat balls. Children will know how to link nutritional value with wellbeing and how food contributes to promoting health for later years as well as present connecting food benefiting towards physical activities. Children are encouraged in food to complete the tasks needed regardless of taste or preference unless it infringes on religion or cultural needs.</p>	<p>To demonstrate the skills of combining, forming and shaping a balanced diet.</p> <p>To apply the principles of food safety and hygiene when cooking.</p>
Summer 1	<p>Dental health and the benefits Good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist - Balanced diets, what food does in our bodies.</p>	<p>To prepare and cook a main meal for a teenager/ adult demonstrating a range of practical skills to meet the criteria.</p>	<p>To evaluate their design against criteria.</p> <p>To apply the principles of food safety and hygiene when cooking</p>	<p>How we manage food? Effects and consequences, quiz's, food games to assess knowledge</p>

Balanced diets,

What food does in our bodies
The importance of sufficient
good quality sleep for good
health and how a lack of sleep
can affect weight, mood and
ability to learn – Eating
schedules' how it affects daily
life and our bodies

Start of GCSE Food and Nutrition with
student who have chosen.

Putting all skills and knowledge into
practice.

Cross curriculum within food technology stretches
across Sport, Science, MFL, Mathematic, English and
Humanities.

Learners as assessed
through a combination of
practicals completed to
Knowledge attained
throughout the school year
term. This is
assessed through listed skills
and abilities for life skills and
wellbeing.