

What are the aims and intentions of this curriculum?

The Children 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 for food and diversity, tolerance and individuality are 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. RSE and Project Based Learning are embedded in the classroom and adjusted ways of teaching depending on the group of children.

| Term | Topics | Knowledge and key terms | Skills developed | Assessment |
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| 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. Analyse different chefs in past and present. Investigate different and new technologies for cooking. International for preservation of the Ozone Layer. http://www.unep.fr/ozonaction/events/ozoneday/ International day of Peace 21 st of September – Sharing food | 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. Everyone is unique and equal. 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 To learn how to follow a recipe and understand the importance of working methodically. | It aims to develop social and life skills within the classroom that will encourage each child to link nutrition and health to wellbeing. 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 | 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. | Give them a variety of experience and open up their view on food and its impact on them and people around us. Online and Media – dangers of sharing photos and videos on Teams and other media platforms. Cultural food. | Making the right food choices and understanding why. Evaluate and justify their design choices by showing that they are fully aware of the component characteristics. | Students to complete online health and safety, hygiene tests. Practical assessments, AFL, Peer assessment. Teacher feedback Learn by doing. |

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| | <p>Cross Curriculum activities with PE</p> <p>Food Etiquette in Britain</p> <p>Respectful relationships including friendships.</p> <p>Black History Month – Cultural food.</p> <p>World food day 16th of October.</p> <p>National baking day – 17th -23rd October.</p> <p>Stress Awareness day 2nd November.</p> <p>Anti-Bullying week November 15th.</p> <p>Christmas Day 25th of December</p> | | <p>Food Etiquette</p> <p>http://projectbritain.com/behaviourfood.html</p> | |
| Spring 1 | <p>Healthy eating</p> <p>how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.</p> <p>Seasonality, Characteristics of food and organic foods</p> | <p>Understanding the importance of food nutrition and a balanced diet.</p> <p>When we should have certain foods- seasonality recap</p> <p>Carbon footprint</p> | <p>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</p> <p>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 be able 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 apply the principles of food safety and hygiene when cooking.</p> | <p>To demonstrate the skills of combining, forming and shaping.</p> <p>To apply the principles of food safety and hygiene when cooking.</p> |
| Summer 1 | <p>Dental health and the benefits</p> <p>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>New Technology and techniques for food</p> <p>World Book Day 1st March</p> <p>International Women's Day 8th March.</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>Using social media for tips and tricks for cooking on a budget.</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> |

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| | <p>Mother's Day 18th March</p> <p>St Patrick's day 17th of March</p> <p>World Health Day 7th April</p> <p>World Fairtrade Day 14th May</p> <p>British Sandwich week 15th May</p> | | | |
| Summer 2 | <p>Balanced diets,</p> <p>What food does in our bodies</p> <p>The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.</p> <p>Eating schedules' how it affects daily life and our bodies.</p> <p>Responsibility of your own Health, culture, religion and traditions when cooking.</p> <p>Families</p> <p>Texture, Taste, Smell. Using alternative methods for home cooking, Affordability Farm to plate, Farm to shop comparisons)</p> <p>Adapting ingredients</p> | <p>Pride week – understanding and respect relationships Including friendships.</p> <p>Rainbow meringues.</p> <p>Respect of others</p> <p>Self-Care - physically and mentally</p> <p>How to budget by investing in ingredients to home cook</p> <p>Pricing- Flour, fruit, butter</p> | <p>Cross curriculum within food technology stretches across Sport, Science, MFL, Mathematic, English and Humanities.</p> | <p>Learners as assessed through a combination of practical completed to Knowledge attained throughout the school year term. This is assessed through listed skills and abilities for life skills and wellbeing.</p> |