

KS4 Curriculum Overview – Food & Nutrition

ENRICHMENT

NOTE: Practical's are subject to changes e.g. ingredient availability, student attainment, weather conditions (extreme heat), etc. KS4 and KS5 NEA/internal assessments may also impact SOW.

TERM 1 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p>Theory – Seasonality, including seasons, climate, grains, fruits, vegetables, meats.</p> <p>Practical – a range of dishes including seasonal ingredients, e.g. raspberry oat muffins, seasonal fruit cobbler and Cornish pasty.</p>	<p>Key Skills (from KS3 NC)</p> <ul style="list-style-type: none"> - Understand and apply principles of nutrition and health - Cook repertoire of mainly savoury dishes - Competent in range of cooking techniques - Understand source, seasonality and characteristics of ingredients 	<p>Career Links across enrichment:</p> <p>Hygiene and safety in catering environments Practical cookery skills Diet & Health Team work / interpersonal skills Independent work Trip to The Yarrow Hotel.</p>
TERM 2 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p>Theory – Festive Foods, including preserving the harvest and cultural celebrations and food.</p> <p>Practical – a range of festive dishes including Christmas cakes and spiced biscuits.</p>	<p>Subject Links:</p> <p>Numeracy</p> <ul style="list-style-type: none"> - Sequencing recipes - timing - weighing and measuring - units of measurement <p>Literacy</p> <ul style="list-style-type: none"> - Reading and interpreting recipes - Oral presentation - key words 	<p>British Values across enrichment:</p> <p>Individual liberty: students can make their choices e.g. with regards to ingredients used in some recipes</p> <p>The rule of law: understanding rules and why they are important e.g. routines in the Food Room, H&S</p> <p>Democracy: students will make decisions and work with others (pairs/groups). The right of opinion/voice for all.</p>
TERM 3 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p>Theory – Making healthy choices, including the Eatwell Guide, 8 Tips for a healthy Lifestyle and Nutritional Labelling.</p> <p>Practical – a range of nutritionally balanced dishes, including tomato and red pepper soup, ratatouille pasta bake and sausage casserole with mash.</p>	<p>Subject Links (cont.):</p> <p>Science</p> <ul style="list-style-type: none"> - bacterial contamination/food safety - Raising agents - methods of heat transfer - nutrition <p>Geography</p> <ul style="list-style-type: none"> - food provenance - seasonality - food miles & carbon footprint - farming 	<p>British Values across enrichment (cont.):</p> <p>Tolerance: learning about different faiths and cultures in respect to food and diets. Working with others and listening to different points of view.</p> <p>Mutual respect: working with others, respecting the choices of others.</p>
TERM 4 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p>Theory – Food Choices, including sustainable fishing, ethical shopping and budgeting.</p> <p>Practical – a range of dishes made with ethical consideration, e.g. Thai fish cakes, fish pie, Fair Trade chocolate tart.</p>	<p>Subject Links (cont.):</p> <p>DT</p> <ul style="list-style-type: none"> - Design and make - importance of safety - using small equipment <p>PE</p> <ul style="list-style-type: none"> - diet and health - healthy lifestyle choices 	

TERM 5 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p>Theory – Macronutrients, including Protein, Fat and Carbohydrates.</p> <p>Practical – a range of nutritionally balanced dishes, e.g. peri chicken wrap with spicy rice, beef burger with wedges and pizza.</p>	<p>Subject Links (cont.):</p> <p>Art and Design</p> <ul style="list-style-type: none"> - presentation - design <p>RE</p> <ul style="list-style-type: none"> -cultural/religious influence on food choice 	
TERM 6 TOPIC/s	*Key Skills/Subject Links	*Career links & BV
<p>Pre-Rollover:</p> <p>Theory – end of year review and assessment.</p> <p>Practical – a range of summer dishes, e.g. chicken kebab with salad and cheesecake.</p> <p>Rollover:</p> <p>Theory – Introduction, including hygiene and safety.</p>		