

KS3 Food Preparation and Nutrition

Curriculum Intent

Food Preparation and Nutrition is delivered to inspire a lifelong appreciation of food, develop practical culinary skills and equip students with the knowledge, understanding and confidence to make informed decisions about nutrition, health and wellbeing. As students arrive from a wide range of primary schools with varying levels of cooking experience and food knowledge, the curriculum provides a broad and inclusive foundation that ensures all learners develop essential life skills, practical competence and an understanding of healthy eating.

Through a combination of practical cooking tasks and theoretical learning, students develop the skills required to prepare, cook and evaluate a range of predominantly savoury dishes safely and independently. The curriculum encourages students to understand and apply the principles of nutrition and healthy eating, enabling them to make positive food choices that support both their current and future health and wellbeing.

This area of Design and Technology draws upon a range of disciplines including science, mathematics, geography and personal development, helping students to understand the relationship between food, health, culture, sustainability and the wider world. Students develop technical knowledge and practical expertise in food preparation, cooking methods, hygiene, food safety and nutrition, whilst gaining an understanding of ingredient functions, food provenance, seasonality and ethical food production.

Through independent and collaborative learning, students become resilient, resourceful and reflective individuals who are willing to experiment, solve problems and learn from success and failure. Regular practical experiences allow students to develop confidence when selecting and preparing ingredients, using equipment safely, applying a range of cooking techniques and evaluating the quality of their outcomes. Students learn to adapt recipes and respond creatively to nutritional, cultural and dietary requirements.

Food Preparation and Nutrition provides opportunities for all students to succeed by developing both practical and analytical skills, while fostering transferable attributes such as organisation, independence, teamwork and critical thinking that support achievement across the wider curriculum. By exploring where food comes from and considering the environmental, social and economic factors that influence food production and consumption, students develop an appreciation of responsible food choices and sustainable practices.

Ultimately, our Key Stage 3 Food Preparation and Nutrition curriculum prepares students for the next stage of their studies, employment and life beyond school, enabling them to become informed, confident and capable individuals who can feed themselves and others a healthy and varied diet while contributing positively to their families, communities and society.

Assessment, Marking and Feedback

Students are assessed twice throughout a rotation. We assess a particular skill in each specialism focussing mostly on accuracy and safety whilst creating practical outcomes.

Within the first few weeks of a subject area, students will receive a grade and a comment outlining 'what you have done well' and 'next time you must'.

Students will reflect upon the comments and improve their work using the 'next time you must' comment. At the end of the rotation students will be assessed on the same skill, this shows the progression individuals make.

Homework

Students are given two pieces of project work to complete at home. They are given the choice of 60 different tasks. These tasks range in difficulty and give children the choice of activities, they can choose a task that will play to their strengths. Over the year they will have the opportunity to complete a minimum of 8 tasks which are rewarded with house points.

Links to National Curriculum / Syllabus Specifications

Key Stage 3 National Curriculum

- understand and apply the principles of nutrition and health
- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet

- become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]
- understand the source, seasonality and characteristics of a broad range of ingredients

Exam Support & Revision Resources

BBC Food bitesize
www.foodafactoflife.org.uk

Extracurricular and Enrichment Opportunities

For the past 5 years we have run sessions during enrichment where students can further their learning through practical days of baking and savoury cooking.

Students have participated in the Kent Cooks Competition.

We run 'Snacktember'. This will run during Term 1 (September) and KS3 students can enter a competition to produce 5 healthy snacks.

Interested to know more?

To read:

- The childrens book of baking *by Rosmary Stanton*
- Nosh for students *by Joy May*
- The Really Useful Guide to Healthy Eating *by British Nutrition Foundation*

To watch:

- Junior master chef *BBC*
- Junior bake off *Channel 4*
- Jamie Oliver *on you tube*

To listen:

- BBC good food *podcast*
- The food program *podcast*
- Gastropod *podcast*

To visit:

- Hook and son Organic Dairy farm
- Brogdale collections
- A variety of different restaurants to explore different cuisines