

CURRICULUM OFFER

Subject	Food and Nutrition
Intent	Students are shown how to cook healthy, nutritious meals in a fun environment. They are taught that food doesn't have to be boring to be healthy. Each term follows a different theme, for example healthy lunches or picnic food, while always considering nutritional value and cost of food. At the same time, students are taught a range of preparation techniques such as the correct use of electrical items, hygienic food preparation and various cooking methods.
Implementation	<p>50 minute lessons are taught with the ideals of highlighting British Values and Global Learning with dishes such as healthy stir-fry for Chinese New Year, pancakes for Shrove Tuesday and Jewish chicken noodle soup for Holocaust Memorial Day and also making cakes and biscuits for charitable events.</p> <p>Students record their work in folders (KS4).</p> <p>Students in years 7, 8 and 9 learn basic skills and concentrate on where food comes from, cooking and healthy eating, following the British Nutritional Foundation approved guidelines. Dishes cooked include vegetable pasta sauces using seasonal vegetables, healthy chicken goujons and homemade bread.</p> <p>In Year 10 and 11 students work towards gaining a level 1 and 2 Btec in 'Home Cooking Skills', cooking dishes such as paella, homemade curry and homemade pizza. Level 1 includes a practical main meal assessment. Level 2 includes planning, preparing and serving a two-course meal assessment. Students will prepare simple and challenging foods such as Chicken fajitas, vegetable curry, lasagne, fish pie and brownies.</p> <p>Some key stage 4 students will also get the opportunity to complete a Princes Trust Level 2 award in Healthy Lifestyles, and an AQA award in Food Safety and Hygiene.</p>
Impact	<p>Students are taught life and social skills along with SMSC to help them become rounded individuals.</p> <p>The BTEC and level 1/2 Award qualifications can lead to progression either at college or in an apprenticeship.</p>
Accreditations	<p>BTEC level 1 Award in Home Cooking Skills BTEC level 2 Award in Home Cooking Skills Princes Trust Level 2 Award in Healthy Lifestyles AQA Award in Food Safety and Hygiene</p>
Enrichment opportunities	<p>Visits to farms, zoos, restaurants. All ingredients and equipment are paid for by the service. PPG students will have the option of making more portions to take home.</p>
Safeguarding	<p>Healthy body & Healthy Mind!!! – healthy eating and alcohol awareness Display of who to go to for safeguarding queries from students.</p>