

### KS3 and KS4 Subject Overall Intent for Food and Nutrition/Hospitality and Catering

As part of their work with food, students will be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking that will open the door to one of the largest industries in the UK and the chance for them to express themselves creatively. Learning how to cook being a crucial life skill that enables students to feed themselves and others affordably and well, now and in later life.

	Intent	Implementation
Personal Development – To develop healthy individuals	<ul style="list-style-type: none"> <li>• Understand and apply the principles of nutrition and health</li> <li>• Understand how nutritional needs vary with age and health conditions</li> <li>• Understand the source, seasonality and characteristics of a broad range of ingredients</li> <li>• Demonstrate a repertoire of predominantly savoury dishes as part of a healthy and varied affordable diet</li> <li>• Instilling a love of cooking that leads self-sufficiency and independence</li> </ul>	<ul style="list-style-type: none"> <li>• Students will learn and develop an understanding about energy, nutrients, water and fibre, diet and health and nutritional needs throughout life</li> <li>• Students will consider issues around nutrition and physical, intellectual wellbeing</li> <li>• Students are encouraged to use all the ingredients to make healthy nutritious predominately savoury dishes for their families in line with the principles of The Eatwell Guide</li> <li>• Students at KS4 will consider how to make several healthy nutritious dishes from one ingredient. For example, deboning a chicken to make several dishes</li> <li>• Students are encouraged to use fresh, seasonal, local ingredients where possible to make healthy nutritious dishes</li> <li>• Students will consider 'Food Provenance' and 'Food Origins' to include where and how foods are grown, reared, or caught and what is 'Fairtrade' and 'Organic' when purchasing foods</li> <li>• Students will learn and develop an understanding about food safety, including the preparation and safe storage of food, and sound microbiological food safety principles when buying, storing, and preparing food and how to use equipment safely; health and safety at work</li> </ul>

	Intent	Implementation
<p>Caring Attitudes – To make a positive contribution to the community</p>	<ul style="list-style-type: none"> <li>• Understand the economic, environmental, ethical, religious and socio-cultural influences on food availability, production processes, and diet and health choices</li> <li>• Understand how food contributes to various religious and spiritual events and celebrations</li> <li>• Explore a range of ingredients and processes from different culinary traditions</li> <li>• Instilling a love of cooking that enable students to feed themselves and others</li> </ul>	<ul style="list-style-type: none"> <li>● Students will learn and develop an understanding of individuals with specific lifestyle needs to include vegetarians: lacto-ovo, lacto, vegan, and those with religious beliefs that affect choice of diet, to include Sikh, Hindu, Muslim, Jewish</li> <li>● Students at KS3 will use recipes to develop cooking skills but these can be adapted to suit personal tastes, family dietary/religious needs</li> <li>● Students at KS4 students will be encouraged to be more creative showing their understanding of individuals with specific dietary needs through planning their recipes, demonstrating appropriate skills and evaluating their dishes according to the needs of the target group</li> <li>● Students are encouraged to have a sense of pride and self-fulfilment in their work. Student practical work will be teacher/self and peer assessed. Examples of excellent work will be displayed in the department and rewarded through house points</li> <li>● Students are encouraged to know how their food is transported, developing an understanding of 'Food Miles' and the impact food transportation has on our local and global community</li> <li>● Students are encouraged to consider the environmental and economic benefit of buying locally</li> <li>● Students will be encouraged to reuse food packaging when appropriate to reduce wider waste</li> <li>● Students at KS4 will consider the effects of food poverty and how this causes malnutrition and will assess why there has been a rise in food banks in the UK providing assistance to people facing hardship.</li> </ul>

	Intent	Implementation
<p>Academic Achievement - To make, at least, the expected academic progress</p>	<ul style="list-style-type: none"> <li>• Ensuring that students achieve their expectations in a creative and innovative way</li> <li>• Demonstrate knowledge of functional chemical and nutritional properties, the sensory qualities and the microbiological considerations leading to the food preparation</li> <li>• Critique, evaluate and test food and the food of others</li> <li>• Apply the principles of nutrition and healthy eating in learning between subjects and beyond the classroom as understanding of nutrition and food ultimately fuels better academic success across the curriculum</li> </ul>	<ul style="list-style-type: none"> <li>● The subject will encourage other subjects in school to promote opportunities for students to engage further and develop skills in food with food preparation related lessons and homework activities</li> <li>● The subject will develop understanding of the different aspirational career opportunities available in the food and catering sector. Displays of possible careers and career opportunities are promoted at options evening and open evenings</li> <li>● The subject aims to encourage a range of employers to visit the department to run active and aspirational engaging cooking and theory-based workshops</li> <li>● Where appropriate students will also be given the chance to visit a range of establishments to engage with employers about food preparation and nutrition opportunities</li> </ul>