

Food and Nutrition curriculum map

Curriculum narrative: The intent of the Food curriculum and Gosford Hill School is not only to prepare students with the building blocks of knowledge to access the Food Preparation and Nutrition GCSE but also to provide each student with the skills and knowledge to lead a healthy life.

- The KS3 curriculum supports students in gaining confidence with a range of cooking skills and equipment, how to buy, store and prepare food safely and exposure to a range of healthy, nutritious and adaptable recipes that will enable them to feed themselves and their families.
- The KS4 curriculum follows the AQA Specification for Food Preparation and Nutrition. The intended outcomes are to embed knowledge, understanding and skills required to cook and apply the principles of food science, nutrition and healthy eating.

The majority of the curriculum will be delivered through preparation and making activities. Students will be able to make the connections between theory and practice to apply their understanding of food and nutrition to practical preparation.

Topics covered include:

1. Food, nutrition and health
2. Food science
3. Food safety
4. Food choice
5. Food provenance.

Year group	Curriculum content aims throughout KS3	Curriculum content aims taught over one rotation
7	The aim of our curriculum follows the guidelines set out by the National Curriculum. We provide opportunities for students to understand and apply the principles of nutrition and health through a practical approach. Students will cook a repertoire of predominantly savoury	This SOW will be taught on a rotation throughout the year. Through practical work and consolidation homework, Year 7 will focus on hygiene and safety in the kitchen, food preparation skills 3.1 Knife skills, measuring out ingredients, regulating temperature of oven, grill and hob, nutritional needs and health and enzymic browning. Homework will embed the practical skills and support students to make links between the cooking and how it can impact a healthy diet. Recipes and curriculum links: • Pizza toast- knife skills, using a grill

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	dishes, developing students' confidence and independent life skills needed to feed themselves and others with a focus on a healthy and varied diet.	• Pasta salad – designing and planning a meal to a theme, knife skills, food storage, use of the hob, balanced healthy meals • Scones - rubbing in, shortening, shaping and forming, use of the oven • Chicken goujons – food safety, use of the oven, enrobing, food storage and cross contamination • Banana and oat cookies – healthy snacks, enzymic browning, shaping, safe use of the oven
8	Students will become competent in a range of cooking techniques (for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; meeting the needs of different dietary groups). Practicals and homeworks will be linked to support a deeper understanding of the food curriculum.	Students will continue to understand and apply the principles of nutrition and health through a practical approach. Cooking skills will develop from year 7, allowing students to demonstrate more independence and challenge. Recipes will continue to focus on enabling students to be competent in a range of cooking techniques and teacher-led discussions will introduce the concept of ingredient function. Homework will support students in gaining knowledge of individual nutrients and function of ingredients in recipes. Recipes and curriculum links: • Frittatas – setting by coagulation, use of oven • Fajitas – marinade, tenderising, knife skills, international cuisine • Fruit flapjacks - melting method, fibre, caramelisation • Spaghetti bolognese - knife skills, reduction, testing for readiness, seasoning, balanced meals
9		Year 9 lessons continue to take a practical approach to developing knowledge and skills. Year 9s will use practical recipes and homework to gain a deeper knowledge and understanding of nutritional needs and health (food choice). Recipes and curriculum links: • Chilli wraps - knife skills, reduction, testing for readiness, seasoning, modifications for special diets • Tuna pasta bake - gelatinisation, fish health benefits • Chicken curry - recipe modification for family preference • Pizza pinwheels - bread, yeast, raising agents, shaping forming

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