



	Overall aim of Food and Nutrition: By studying Food and Nutrition at Blessed Robert Sutton all pupils from Year 7 to Year 11 will gain a coherent knowledge and understanding about diverse places, people, resources and natural and human environments, together with a deep understanding of the Earth's key physical and human processes enlightened by the Sutton Way.
	Food and Nutrition will teach spiritual development by pupils developing an appreciation of God's creation and an understanding of the spiritual connections to food choices. Pupils will understand the importance of the food we eat and the religions people observe. Pupils will learn about the world we live in and how food choices effect the planet for future generations.
	Food and Nutrition will teach social excellence through a range of teaching strategies that allow opportunities for pupils to work effectively as a community. Class discussions will develop pupils' abilities to work effectively as a team; communicating, respecting, listening and developing each other's ideas. Students will look at how food and meal times plays an active part in social development. Pupils will begin to develop their ICT skills to prepare them for the digital world we now live in and to equip them with skills for life..
	Food and nutrition will teach academic excellence by developing an understanding of the key theories behind food and nutrition and food science. Teaching will equip pupils to understand, the key theory behind nutrition and food, food science and why we need to eat a balanced diet. Students will continue to develop their practical skills and apply a broad range of skills in their practical work. Pupils will develop their knowledge and understanding of the function of key ingredients both in recipes and also in the diet. Pupils will use their scientific knowledge of ingredients to make predictions, carry out experiments and record and evaluate their findings. Additionally, pupils will learn how food choices can have an impact on peoples well being and the connect to special diets that people have to follow.

Enrichment opportunities in this subject include:
 Curriculum challenges
 Seasonal lunch time cooking clubs
 Super Curriculum tasks
 Visitors in school from e.g University for food science/ Vegetarian Society

The KS3 Food curriculum takes account of the National Curriculum, the core competencies and the need to prepare students for the GCSE Food Preparation and Nutrition specification. However the rationale behind the curriculum is driven by a vision of what all students should know, understand and be able to do by the end of key stage 3.

KS3 National curriculum

"As part of their work with food, pupils will be taught how to cook safely and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life."

- 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 aroma to decide how to season dishes and combine ingredients; adapting and using their own recipes]
- understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international), to inspire new ideas or modify existing recipes
- understand the **source, seasonality and characteristics** of a broad range of ingredient
- understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health
- develop knowledge and understanding of the functional properties and chemical processes as well as the nutritional content of food and drinks
- understand the economic, environmental, ethical, and socio-cultural influences on food availability, production processes, and diet and health choices

Assessment

Students will be assessed through a personal learning checklist, grading their progress based on a RAG rating. Formal Knowledge and Skill check assessments will take place each term. Through the term short end of topic knowledge tests will be completed along with knowledge checks to start every lesson demonstrating retrieval of prior knowledge.

Ways to help your child succeed

Please could you help by checking practical dates with your son/daughter to ensure they gain the knowledge and skills through practical work. Share Food in the news articles and literature with your child to help support learning in the classroom.

Useful website: Food a fact of life.org.uk, The Grain chain.com

Our key stage 3 FOOD curriculum aims to ensure the following skills and knowledge are developed by the end of KS3, with 1 term per academic year studying Food and Nutrition on a DT rotation

- All students should have the skills, confidence and resilience to undertake preparing and cooking a range of dishes independently and safely.
- All students should have some understanding of how the food they consume will impact on the health of their body and mind, both now and in the future.
- All students should understand that ingredients have specific functions in recipes and be beginning to understand some of food science.
- All students should understand some of the impact that growing, rearing and processing foods can have on people and planet.
- All students should have some understanding of their choices as consumers.

Food preparation and cooking skills (food safety)

For students to demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment.

Health and nutrition

To develop students understanding about the relationship between diet, nutrition and health including the physiological and psychological effects of poor diet and health

Food science

To develop knowledge and understanding of the functional properties and chemical processes of food ingredients.

Factors affecting food choice

To understand the economic, environmental, cultural and ethical influences on food availability and choices, diet and health.

Food provenance

To understand the origins and production process of ingredients and the impact that this can have on the environment.

Key stage 3 curriculum