

Food Preparation and Nutrition

At Oldbury Academy, Food Preparation and Nutrition is an exciting and creative course which focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials. At its heart, our teaching focuses on nurturing students' practical cookery skills to give them a strong understanding of nutrition.

We follow the national curriculum and there is consistency in terms of curriculum delivery; schemes of learning are in place for each year group that aim to develop essential knowledge and skills. Our inclusive curriculum design ensures that our schemes of learning are accessible for everyone and we endeavour to both support and challenge our students so they can strive to achieve their full potential. We address social disadvantage across both key stages through the exploration of a range of foods and challenging cooking methods from a range of cuisines from around the world.

By the time students leave Oldbury Academy they should be able to be able to make informed choices about their sources of food and plan, prepare and cook a range of healthy meals for themselves and their families. Some students may go on to further study, or embark on an apprenticeship or full time career in the catering or food industries.

As a team of subject specialists we take pride in providing the opportunity to develop essential skills in food preparation and nutrition. Students are taught to think creatively and critically and to question what they read.

We formally assess at the end of each module. A written test will include questions that allow students to demonstrate their ability to: recall knowledge, draw together information from different areas of their food learning and apply their knowledge and understanding in a theoretical context. Practical skills will be assessed as part of an assessment task in which students, prepare, cook and present dishes, combining appropriate techniques.

Due to Covid-19 restrictions year 8 students were unable to experience the practical aspects of the food curriculum. In order to fill this gap, the year 8 & 9 curriculum will mirror that of year 7 for practical skills. The theoretical learning will build on what they have done in year 7 and 8.

In Key Stage 3 Food Preparation and Nutrition is taught for half a year from September to February half term.

	Overview	Skills	Assessments	Sequencing
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<p>Year 7</p>	<p>Understand the importance of healthy eating as part of a wider healthy lifestyle.</p> <p>Understand and apply the principles of the Eatwell Guide and the importance of healthy lifestyles.</p> <p>Sensory analysis Learn about the origin of different ingredients and consider ethical issues linked to sources of food.</p> <p>Prepare and cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet.</p> <p>Acquire and demonstrate the principles of food hygiene and safety.</p> <p>Develop a range of cooking techniques to understand the source, seasonality and characteristics of a broad range of ingredients.</p> <p>Adapt and follow recipes using appropriate ingredients and equipment to prepare and cook a range of dishes.</p> <p>Apply and consolidate their literacy and numeracy skills by using them purposefully in practical sessions.</p> <p>Track their progress using the My learning journey sheets.</p>	<p>Food preparation skills are integrated into six core groups:</p> <p>Food, nutrition and health – Eat Well guide, Health.</p> <p>Food science – Properties of food, cooking food</p> <p>Food safety –Principles of Food Safety. The 4‘Cs’</p> <p>Food choice –Sensory Evaluation,</p> <p>Food provenance –Food Processing and Production. Food and health</p> <p>Food Preparation Skills General practical skills Knife skills Preparing fruit and vegetables Use of the cooker Use of equipment Cooking methods Prepare, combine and shape Rubbing-in method Raising agents</p>	<p>Baseline Test</p> <p>Recall quizzes</p> <p>Key word spelling tests</p> <p>Written case study</p> <p>Written Test on MS Teams</p> <p>Design and Make activity</p> <p>Practical assessment</p>	<p>Students will build on their KS 2 learning.</p> <p>EWG links to learning from primary and their own experience. Students will then apply their learning to their own diet or a case study of similar aged student.</p> <p>Students will apply their learning to a food diary and make recommendations on how to improve in line with EWG recommendations.</p>
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<p>Year 8</p>	<p>Energy and how needs change through life; name the key nutrients, sources and functions.</p> <p>Dietary needs throughout life stages;</p> <p>Understand the importance of healthy eating as part of a wider healthy lifestyle.</p> <p>Sensory analysis</p> <p>Learn about the origin of different ingredients and consider ethical issues linked to sources of food.</p> <p>Prepare and cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet.</p> <p>Acquire and demonstrate the principles of food hygiene and safety.</p> <p>Develop a range of cooking understand the source, seasonality and characteristics of a broad range of ingredients.</p> <p>Adapt and follow recipes using appropriate ingredients and equipment to prepare and cook a range of dishes.</p> <p>Apply and consolidate their literacy and numeracy skills by using them purposefully in practical sessions.</p> <p>Track their progress using the My learning journey sheets.</p>	<p>Food preparation skills are integrated into six core groups:</p> <p>Food, nutrition and health – Macro Nutrients, Micro Nutrients, Nutritional Needs and Health.</p> <p>Food safety – Food Spoilage, Contamination</p> <p>Food choice – Factors affecting Food Choice,</p> <p>Food provenance – Environmental Impact and Sustainability of Food, Food waste. Food and health</p> <p>Food Preparation Skills General practical skills Knife skills Preparing fruit and vegetables Use of the cooker Use of equipment Cooking methods Prepare, combine and shape Rubbing-in method Raising agents</p>	<p>Recall quizzes</p> <p>Key word tests</p> <p>Written Test</p> <p>Design and Make activity</p> <p>Practical assessment</p>	<p>Builds on learning and experiences (theoretical) from year 7.</p> <p>Students will learn more specific information about nutrients, their function and sources to build on their EWG learning.</p> <p>Students will apply their learning to evaluate a menu and make recommendations to meet the needs of the identified target group.</p> <p>Practical skills will be largely the same as those taught to year 7. This year group have not yet undertaken any practical work in school because of Covid. Teachers will assess whether or not particular groups / students can progress at a faster rate to extend their repertoire of skills.</p>
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Year 9 Applied Learning – Transition module

At Oldbury Academy, the Applied Learning Faculty offers a range of exciting and creative courses in KS4. In order for students to prepare for, and make informed choices in KS4 we offer a series of sample lessons from each of the subjects during the autumn term in year 9.

We follow the national curriculum / exam board specifications and there is consistency in terms of curriculum delivery; schemes of learning are in place that aim to develop essential knowledge and skills.

Our inclusive curriculum design ensures that our schemes of learning are accessible for everyone and we endeavour to both support and challenge our students so they can strive to achieve their full potential. We address social disadvantage across both key stages through the exploration of a range of materials and challenging methods from around the world.

By the time students finish year 9 they should be able to be able to make informed choices about their KS 4 options. Some students may go on to further study, or embark on an apprenticeship or full time career in either catering, child care, health & social care or manufacturing / engineering.

As a team of subject specialists we take pride in providing the opportunity to develop essential skills in Applied Learning. Students are taught to think creatively and critically and to question what they read. We formally assess once during each module and then a written test will include questions that allow students to demonstrate their ability to: recall knowledge, draw together information from different areas of their learning and apply their knowledge and understanding in a theoretical context.

Students will study 3 lessons in each of the following Applied Learning Subjects: Catering. Each module will be delivered by a subject specialist. **The order of modules may vary depending on availability of specialist rooms and staff.**

	Overview	Skills	Assessments	Sequencing
Catering (3 lessons)	<p>Understand the structure of the vocational Hospitality and Catering course and the different assessment components.</p> <p>Learn about the different types of hospitality and catering establishments and the job roles.</p> <p>Understand how why it is necessary and important to plan how dishes for a catering menu are produced so that they are of a high standard.</p> <p>Be able to cook a dish and explain and demonstrate the techniques and methods of cooking that are used.</p> <p>Identify which customer needs the dish would meet and consider what adaptations would be required to make it available to a wider range of customers.</p>	<p>AC1.1 Describe the structure of the Hospitality and Catering industry.</p> <p>AC1.2 Analyse job requirements within the Hospitality and Catering Industry</p> <p>AC2.3 What are the nutritional needs of the customer?</p> <p>LO3 Be able to cook dishes</p>	<p>Recall quiz</p> <p>Key word spelling test</p> <p>Exam style question</p> <p>Written Test on MS Teams</p> <p>Self- assessment of a practical activity</p>	<p>Students will build on their previous learning in food preparation and nutrition.</p> <p>Students will consolidate learning from year 7& 8 healthy eating and nutrition.</p> <p>Students will prepare for transition into a KS4 catering course. They will explore the hospitality industry and some of the key roles within it.</p> <p>Students will undertake one practical lesson during which they will have the opportunity to demonstrate their skills and consider how food is presented in high end dining establishments. This is modelling one aspect of what is expected of them during a practical catering examination.</p>

<p>Child Development (3 lessons)</p>	<p>Understand some of the additional needs students have that can affect their development.</p> <p>Understand how to adapt activities to make them accessible and inclusive for children with additional needs.</p>	<p>AO1: Know about adaptations that may need to be made to activities for children in order to support their learning.</p> <p>AO2: Demonstrate understanding of the types of adaptations that may need to be made to activities due to a child's individual circumstances.</p> <p>AO3: Apply knowledge and understanding to adapt activities to include all children in activities</p>	<p>Key word spelling test</p> <p>Exam style questions</p> <p>Peer assessment of homework task.</p> <p>Assessed homework task</p>	<p>Students will gain knowledge of additional needs that can affect development.</p> <p>Students will assess 4 conditions that can cause developmental issues for young children.</p> <p>Students will create educational activities that can support the development of a child with additional needs.</p> <p>Students will test the effectiveness of their activities.</p>
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<p>Design & Technology (3 lessons)</p>	<p>Understand the difference in thermoplastics and thermosetting plastics.</p> <p>Learn how to manipulate each type of polymer to create a working prototype.</p> <p>Be able to bend and form polymer materials and demonstrate the techniques to create commercially viable products.</p> <p>Identify the difference between thermoforming and thermosetting polymers and their characteristics</p>	<p>3.1.6.1 Material categories (Polymers- thermosetting/ thermoforming)</p> <p>3.2.5 Using and working with materials (Polymers (how to cut, drill, cast, deform, print and weld)</p> <p>3.2.8 Specialist techniques and processes (blow moulding, vacuum forming, injection moulding)</p>	<p>Recall quiz Key word spelling test</p> <p>Exam style question</p> <p>Written Test on MS Teams</p> <p>Self- assessment of a practical activity</p> <p>Peer assessment of HWK task</p>	<p>Students will gain new knowledge of polymer materials and their working properties.</p> <p>Students will build on their own experience and assess different materials in order to choose its intended purpose.</p> <p>Students will manufacture a working prototype using prior knowledge of polymers and their properties.</p> <p>Students will also explore polymer manufacturing techniques to give a full cycle understanding of how polymer products are developed.</p> <p>Students will prepare for transition into a KS4 Design & Technology Course.</p>
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<p>Health & Social Care (3 lessons)</p>	<p>Understand human growth and development across life stages and the factors that affect it.</p> <p>Understand the importance of play and the impact on PIES development.</p>	<p>A.1P1 Identify aspects of growth and development for a selected individual.</p> <p>A.1P2 Identify factors that have had an effect on growth and development of a selected individual.</p>	<p>Recall quiz</p> <p>Key word spelling test</p> <p>Exam style questions</p> <p>Homework: Multiple choice test on Teams.</p>	<p>Students will build on their knowledge of growth, development and life stages.</p> <p>Students will visit the six life stages and focus mainly on childhood.</p> <p>Students will explore how children develop physically, intellectually, emotionally and socially.</p> <p>Students will explore the importance of play and how play affects their PIES development. Students will have the opportunity to take part in four practical activities that promote development of children.</p> <p>Students will explore factors that can possibly affect PIES development. Students will focus specifically on the link between diet and illness. Students will have existing knowledge from Year 7 and 8 Food Technology.</p> <p>Students will prepare for transition into a KS4 BTEC Health and Social Care course.</p>
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