

Food and Nutrition Curriculum

Our 5 year curriculum is focused around Living, Loving, and Learning. The core knowledge of food and nutrition is to ensure that every student knows the importance of making healthy lifestyle choices. We want all our students to be able to select and prepare food with confidence as this is an essential life skill. Our focus enables students to make choices based on nutritional knowledge and develop a scientific understanding of food and ingredients. Our curriculum reflects our present and future lives and promotes food provenance and sustainability throughout. The learning is sequenced in all years to develop, retain and deepen knowledge. The basic skills developed from year 7 enables students to show progress in their skill acquisition and in more detailed knowledge related to food and nutrition.

**Speak up for people who cannot speak
for themselves.**



**Help people who are in trouble. Stand up for what you
know is right, and judge all people fairly.**

**Protect the rights of the poor and those who need help
and see that they get justice.**

Proverbs 31 (8-9)

Key Stage 3

Our KS3 curriculum is structured to cover all aspects of the core competencies ('by age 14 students should' section) from the Food Standards Agency (FSA) which have been developed in consultation with the British Nutrition Foundation (BNF). The competences set out a progressive framework of skills and knowledge which comprise essential building blocks around the themes of diet and health, consumer awareness, cooking and food safety for children and young people. The SOL at each year builds students cooking skills so that they can confidently make a range of predominately savoury food products with increasing independence so that they can feed themselves and others.

The curriculum inspires students to be curious about food and to take an active interest in where their food comes from, the importance of nutrition and the link between diet and health. They are made aware of the moral and ethical issues linked to food and the changing world of food and food production.

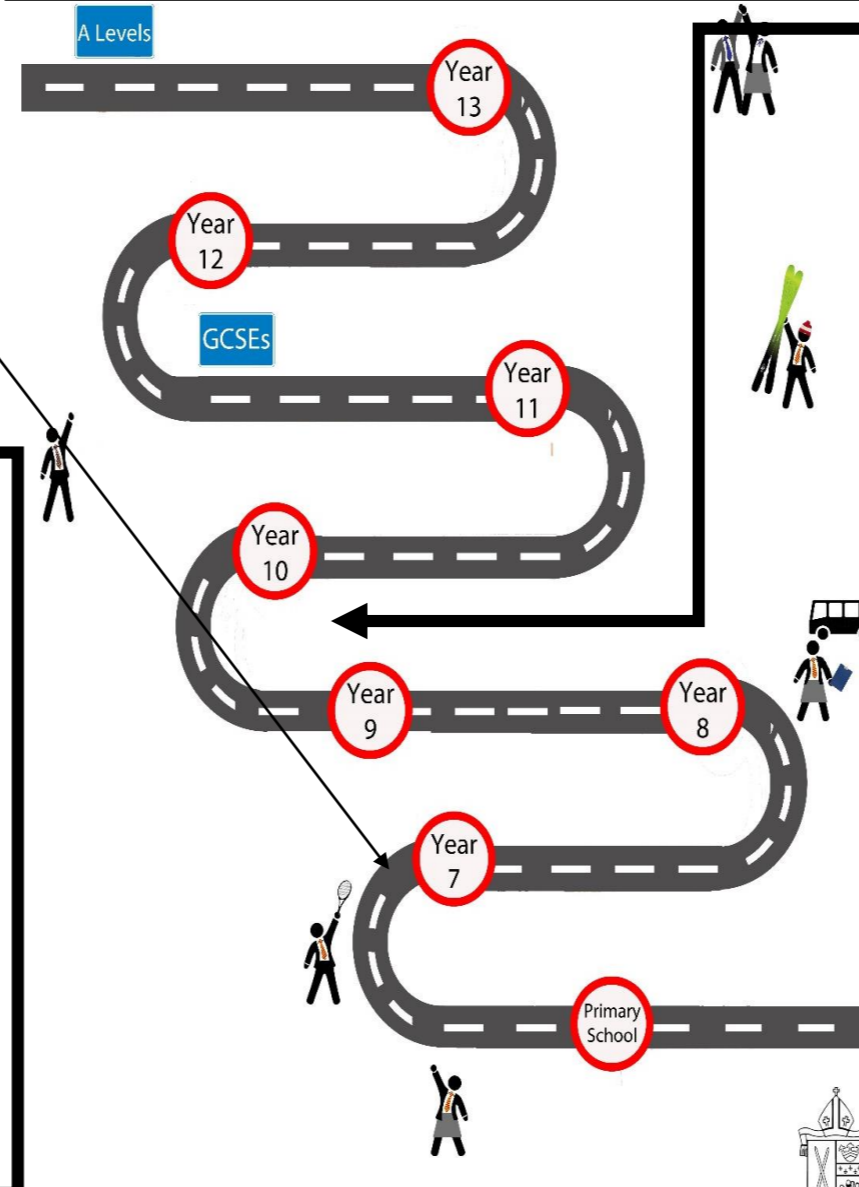
Skill Development

Whether students study food and nutrition for 2, 3 or 5 years at Bishop Ramsey all will develop basic practical cooking skills. They will be able to use the hob, grill and oven safely and confidently, work safely and hygienically, develop knife skills and be able to use a range of utensils and equipment. They will be confident to judge food when it is done, adapt recipes to suit their own preferences and different circumstances and use nutritional software.

Students will be able to research, plan, adapt, and evaluate and analyse. They will also explore food as a science and participate in increasingly complex experiments to understand the chemical and functional properties of ingredients.

We promote cooperation, team work, working collaboratively, as well as allowing students to develop their time management, research, planning and evaluation skills.

Bishop Ramsey Social Studies Learning Journey Food and Nutrition



Key Stage 4

The key stage 4 food and nutrition course closely follows the exam board Food Preparation and Nutrition specification. Throughout the first half of KS4 students make a wide range of recipes to develop competent cooking skills. They cover the theory subjects of food, nutrition and health; food science; food safety; food choice and food provenance. Students develop their research, planning, analysing and evaluation skills to prepare them for the assessments in year 11. Year 11 sees students completing a piece of science based coursework which investigates the chemical and functional properties of ingredients and a practical based piece of coursework focusing on nutritional and meal planning. Students complete the course with a written external exam which makes up 50% of the grade.