



Formal Groups curriculum summary and overview

Date: Academic Year 2023-2024

Subject Title: Cooking and Nutrition.

Intent:

Cooking and Nutrition offers a valuable learning environment where students can learn and apply skills, techniques and knowledge that will be useful in their progression into adulthood.

It gives students opportunities to learn about: food preparation and cooking; designing, making and evaluating food; promoting and applying nutrition; budgeting and buying; cultural, religious and special diets; aspects of consumer awareness; and food safety and hygiene.

It also provides meaningful opportunities to practise English and mathematics skills in real life contexts.

Implementation:

Cooking and Nutrition is a practical subject and is delivered in one of the specialist life skills and cookery rooms where kitchen areas are well resourced and organised to promote independence. Opportunities are provided to experience the purchase and provenance of food in the local community through visits to supermarkets, cafes, farm shops, farms and factories.

Delivery is organised across ability-based teaching and learning groups in each key stage. This allows work to be differentiated to meet ability ranges with access to staffing ratios that offer small group and individual 1:1 support when needed.

Staff are experienced and follow appropriate professional development opportunities to support delivery models. Each subject follows a curriculum map that highlights the content and progression.

Assessment is both formative and summative to inform next steps in learning and summarising attainment and progress. Accreditation is offered through AQA Unit Awards and OCR Life and Living Skills.

Some students will also access enhanced personalised timetables to meet specific additional needs if appropriate.

Impact:

Pupils develop practical skills and understanding to prepare them for adulthood which include:

- An understanding of nutrition, hygiene and safety.
- An ability to choose, design, make and evaluate food.
- The use of a range of food preparation techniques and cooking processes.
- An awareness of food origin, choice and labelling.

Key Stage 3 (Y7, Y8 & Y9)	Year A (2022/23) Diet and Health	Year B (2023/24) Making Choices	Year A (2024/25) Food and Cooking
Autumn 1	Cooking with the different food groups from the eat well plate: Wholegrain Carbohydrates	Choosing and buying ingredients for healthy teas.	Tastes and Techniques with Vegetables and Salads
Autumn			
Spring 1	Cooking with the different food groups from the eat well plate: Proteins	Choosing and making healthy desserts.	Healthy Breakfasts
Spring 2			
Summer 1	Cooking with the different food groups from the eat well plate: Fruit and Vegetables	Choosing and buying ingredients for healthy packed lunches and picnics.	Snacks I can prepare for myself
Summer 2			

Key Stage 4 (Y10 & Y11)	Year A (2022/23)	Year B (2023/24)
Autumn 1	<p>Hygiene and Kitchen Safety Start the day well – Breakfast Thank goodness for eggs, healthy full English – compare methods. Cereals, baked oats slow-release carbs. World breakfasts</p>	<p>Staff of Life – Bread from around the world. Leavened and unleavened, Sweet breads Foods from stale breads</p>
Autumn 2	<p>Celebration Cakes. design Christmas cakes study celebration cakes from around the world. Novelty cakes and biscuits.</p>	<p>Celebration cakes- yule log Tree decorations Christmas biscuits Gingerbread house</p>
Spring 1	<p>Healthy diets- 5 a day, Compare supermarket / local produce. Compare diets.</p>	<p>Sweet enough? Investigate sugar replacements</p>
Spring 2	<p>Let's do lunch</p>	<p>Design – takeaway / fakeaways. Quick food- wraps etc Investigate ingredients combinations of foods</p>
Summer 1	<p>Baking- oven versus microwave</p>	<p>Outside eating. Cook food safely using school bbq Meats Vegetables Sweets Bread buns</p>
Summer 2	<p>Design a product Sandwich Other cold foods.</p>	<p>Fakeaways What's your favourite takeaway? Multi-cultural - Asian food Indian etc Pizza, burgers burritos</p>