

Woodlands School

CURRICULUM



#togetherwegrow

Marches Academy Trust 

Food and Nutrition

Middle School

Our vision

Our vision is to apply the principles of Food and Nutrition so that our students can feed themselves and others a healthy and varied diet. We strive to encourage, motivate and help them gain confidence to be self-sufficient young adults in an ever changing environment.



The Big Picture

In KS3 pupils are taught to understand and apply the principles of nutrition and health so that they can feed themselves and others a healthy and varied diet. Through practical lessons pupils become competent and gain confidence by using a range of equipment and using preparation and cooking techniques.

Intent: Middle school cover the following areas of learning;

Health & Safety, PPE, Knife safety, Storing Food/Key Temperatures. Weight and Measure. Nutrition – Macronutrients. Methods and Skills, Food Labelling / 6R's, Raising Agents, Allergens, Staple Foods, Seasonal Foods. Sauce making / Roux. Pupils study each area and apply the skills through their practical work. Pupils are encouraged to adapt recipes using seasonal ingredients and to be aware of costs and budgeting. We encourage fun and creativity but encourage independence.

Implementation:

Three Middle School groups:

We aim to promote independence and thinking skills but also develop an awareness of health, safety and hygiene, this incorporates healthy eating, costs and budgeting.

Areas of study are varied as some can be taught through practical lessons, these are carefully planned and delivered. Theory based lessons are taught for the first half with a practical task to follow to support engagement.

WOW moments: When pupils approach the challenges confidently and are successful. They are proud of their achievements and are happy to share it with others.

Close monitoring of gaps in learning, these will be addressed and tasks differentiated to accommodate this.

Literacy is developed through mistakes in spellings practiced through a test as starter to lessons. Numeracy – weights, measures and temperatures.

Key assessments:

Marking of theory work.

Observations of practical's.

Peer Assessment.

Moderation.

Autumn Term
Apple Crumble, Cookies, Pizza (using ready base) Spaghetti Bolognese, Cheesy Pasta Bake, Christmas Fayre.

Spring Term
Sausage Rolls, Cheesecake, Cookies.

Summer Term
Pasta (pesto/salad), Scones, Burgers, Ice Cream.

Impact:

Good: Students will understand the principles of basic nutritional values in the ingredients, they can work with minimal support.

Better: Students work independently and confidently following health, safety and hygiene rules. They can discuss the areas of study they have learnt when engaging practically.

Excellent: Students confidently engage and work as a team as well as individually. Students confidently engage with the theory learning and can discuss areas around the subjects learnt demonstrating this practically.

The Big Picture

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Intent: Middle School cover the following areas of learning.

Safe working practices: Health & Safety, Food Poisoning (HACCP, HASAWA, legislation) key temperatures, knife safety/advanced skills, Micronutrients, Fibre, Water. Nutrition – needs due to age, gender growth etc. Global cultures and Food, Animal Welfare, availability and traceability. Sensory Testing/nutritional analysis. Packaging and labelling, Fermentation and Caramelisation, Marinades, Culinary Terms. Investigation – Bread, Pasta, different types of flour. Focus on applying more difficult practical skills, techniques and presentation skills.

Implementation:

Close monitoring of gaps in learning, these will be addressed and tasks differentiated to accommodate this.

Planning dishes that meet a variety of nutritional needs. Clear planning and demonstrating knowledge and understanding of the importance of ingredients due to factors of a limiting diet.

Students use a variety of equipment – ice cream churner, Pasta maker, Food Processor. Encouraging students to plan and make dishes to take home and for students in school. Skills will be developed to adjust tastes and textures by tasting and evaluating.

WOW moments: Independent learning and executing of dishes planned themselves. Building confidence and skills to enable them to 'take risks' and to know where their food comes from.

Sustainability and food provenance is a focus linking this to cultures and nutritional needs such as allergens.

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Key assessments:

Marking of theory work.

Observations of practical's.

Peer Assessment.

Moderation.

Autumn Term
Lasagne, Bread, Pizza (inc base).
Savoury Flan. Chicken Curry.

Spring Term
Homemade Pasta. Shortcrust and
Choux Pastry.

Summer Term
Biscoff Cheesecake, Profiteroles,
Chicken Kebabs (marinade).
Bake well Tarts, Honeybake Biscuits.

Impact:

Good: Students are developing their skills and knowledge shown by demonstrating higher level skills.

Better: Students can confidently follow a recipe, adapt this to suit a purpose and evaluate and suggest improvements.

Excellent: Through discussions and practical tasks students verbally as well as demonstrate what they have learnt over the year.

Middle School/ Food & Nutrition Overview

Year 1 - What is my Learning Journey?



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Bigger Picture

How do we change and grow?
How does this affect what we eat?
The Global Food system.....do we over eat?



What to expect...

Content– Food Safety, Food Labelling, Key Temperatures.
Assessment– Coursework. Outcomes.

Bigger Picture Question – Do food labels affect what you eat?

Seasonal Ingredients

Adapting a recipe.
Presentation skills.

What to expect

Content– Raising Agents. Allergens, Sauce Making. Cheesy Pasta,

Assessment– Practical assessments, formative assessment.

Bigger Picture Question – Does homemade pasta taste better than bought?



- Food Safety & Hygiene
- Knife Safety
- Storing Food
- Weights & Measure
- Macronutrients
- Methods & Skills
- Food Labelling
- 6 R's
- Raising Agents
- Staple Foods
- Seasonal Foods
- Sauce Making – Roux
- Adapting a Recipe
- Presentation Skills
- Working Independently.

START

Nutrition

Macronutrients

What to expect

Content– *Macronutrients, Proteins, Carbohydrates. Potatoes/Bread (staple Foods)*

Assessment– *Marking, Observations and summative assessment.*

Bigger Picture Question– Who is the healthiest person you know ?

Food Labelling – Food Safety

6 R's

What to expect

Content– Using seasonal ingredients - adapt a recipe for a specific need.

Assessment– Observation, marking of planning.

Bigger Picture Question – Is the presentation of dishes important?

Raising Agents.

Sauce Making – Roux

Stretch & Challenge

Practice Cooking at Home.

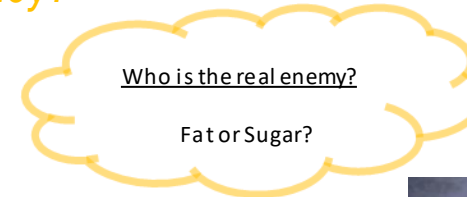


Middle School Food & Nutrition Overview

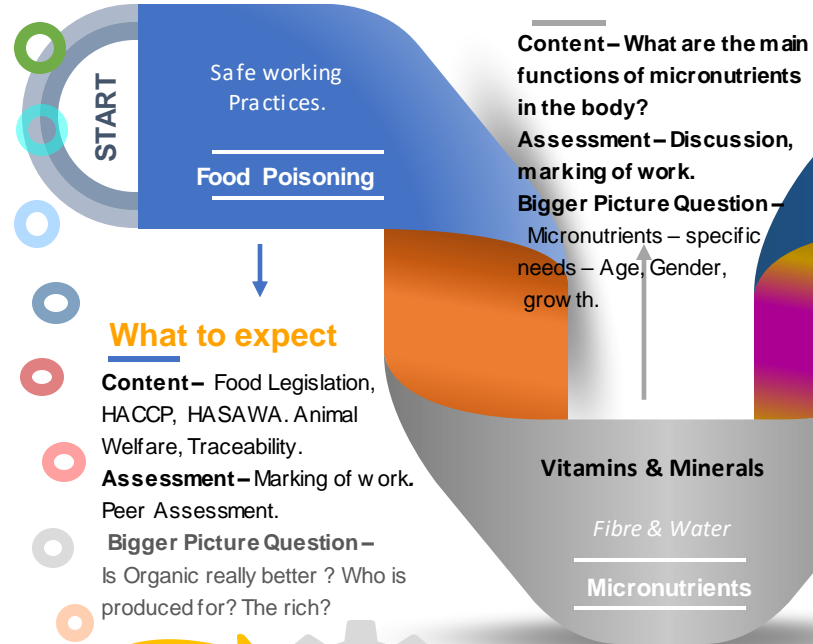
Year 2 - What is my Learning Journey?



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What to expect...



Sensory Testing

What to expect

Content – appearance, taste, texture, smell.
Assessment – Analysis findings.
Bigger Picture Question – Do dishes always taste as they look?

What to expect

Content – Global Cultures, Culinary Terms,
Assessment – Observation, marking, moderation.
Bigger Picture Question – Global cultures and food, pasta making, types of flour.



- Food Safety & Hygiene
- Knife Safety
- Food Poisoning
- Micronutrients
- Fibre & Water requirements.
- Global Cultures
- Curry
- Pizza, homemade base.
- Animal Welfare
- Sensory Testing
- Packaging
- Fermentation & Carlamisation
- Marinades
- Culinary Terms
- Flour Types
- Homemade Pasta
- Choux Pastry
- Working Independently.
- Presentation

Stretch & Challenge

Experiment, adjust seasoning,

