

# Food and Nutrition

## Intent

To provide opportunities for students to:

- Experience taking and sharing responsibility.
- Following health and safety guidance within a cooking room.
- Select and use appropriate equipment, safely and efficiently.
- Experience routine and structure during a practical lesson.
- To extend reading following instructions both written, visual and verbal.
- To extend mathematical knowledge to weigh and measure.
- Follow guidance in food hygiene, including personal hygiene and washing/storing of equipment and ingredients
- Gain Knowledge of food groups and living a healthy lifestyle, making good food choices.
- Choose ingredients, taking into account their nutritional, functional and sensory properties, in addition to other factors (such as cost, seasonality, sustainability)
- Gain knowledge in different cultures and celebrations
- Understand where and how a variety of ingredients are grown, reared, caught and processed and know the basic steps in producing food.
- Understand the dietary requirements of individuals including vegetarians, vegans, and those with allergies.

## Implementation

Our aims for Food and Nutrition will be met through a whole school approach.

Within designated cooking lessons, students will use a variety of ingredients and methods, using a range of equipment, to produce outcomes. Routines of personal hygiene (washing hands, wearing apron) will be instilled, along with collection of correct equipment and ingredients. During these lessons students, depending on their ability, will use differentiated instructions and will be supported at different levels, depending on their abilities by their designated member of staff. On occasions students will work in pairs or groups to share resources and produce outcomes.

Students, in upper secondary and post 16 classes, will be able to choose to study for a B-Tec Home cooking skills Level 1 and Level 2 award in Food and cookery skills. While completing this qualification, students may develop the knowledge, understanding and essential skills employers look for in employees. These range from familiar 'key skills', such as team working, independent learning and problem solving, to more tricky-to-measure skills, such as: • an appreciation for appropriate behaviour and dress • appropriate interpersonal skills • communicating with professional colleagues/peers and/or hierarchical seniors • supporting other aspiring employees • personal manners and deportment • understanding work practices and how different roles and departments function within an organisation. Along with life skills that cover planning, research skills, communication, problem solving skills and health and safety.

Through cross curricular opportunities, within school, students (where appropriate/possible) are able gain knowledge in nutrition and healthy living through PE and PHSE lessons, measuring and counting in Maths lessons and producing recipes in English. Also during Topic lessons there will be opportunities

to explore foods associated with celebrations and different cultures. As part of the schools preparation for adulthood/life and living skills curriculum, students will be taken out into the community to purchase ingredients prior to their lessons, developing their social, communication, maths and reading skills.

All of the above will allow students to develop their relationship with food and make good choices during snack and dinner times.

