

# Curriculum Overview – Food and Nutrition

The Technology department aims to instil in pupils a love of cooking. Our curriculum at both key stages is designed to inspire, challenge, and develop independence, whilst equipping pupils with the knowledge and skills required to sustain themselves, and their families, throughout life. The curriculum allows pupils to learn how to make a repertoire of nutritious meals inspired from dishes around the world. Pupils gain core knowledge of the importance of nutrition and the impact on health as we educate around positive healthy lifestyle and food choices. Pupils gain an awareness of the source, seasonality and the impact that food has on the environment. Our knowledge rich curriculum naturally fosters a love of learning and high aspiration, in an environment of positive support that allows all pupils to reach their full potential.

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Introduction to food safety related to personal hygiene. Food preparation and knife skills  
Basic principles of nutrition and health  
Environmental impact of food production

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Food safety principles and conditions of bacterial growth. Main sources of bacterial contamination.  
The Energy Balance. Micronutrients RDI and own diet analysis.  
Factors affecting food choice related to ethical and moral beliefs.

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Temperature control related to bacterial growth and food poisoning.  
How food production negatively impacts the environment and food waste  
Diet related disease – causes and consequences for future health.  
Vegetarian diet and how it positively impacts the environment.

During years 7, 8 and 9, pupils experience **Food technology** as part of a carousel with art, music and graphics.

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Understanding nutrients and how nutritional needs impact health



Cooking of food, heat transfer methods & chemical properties of food



Food spoilage, cross contamination & food safety principles



Factors affecting food choice, British and International cuisines, sensory evaluation



Environmental impact and sustainability, food processing and production



Curriculum summary and revision.

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NEA 1 - Food Investigation Task



NEA 2 - Plan, prepare, cook and present a range of dishes for a brief



Revision for written exam



Revision for written exam



Revision and Exams

