



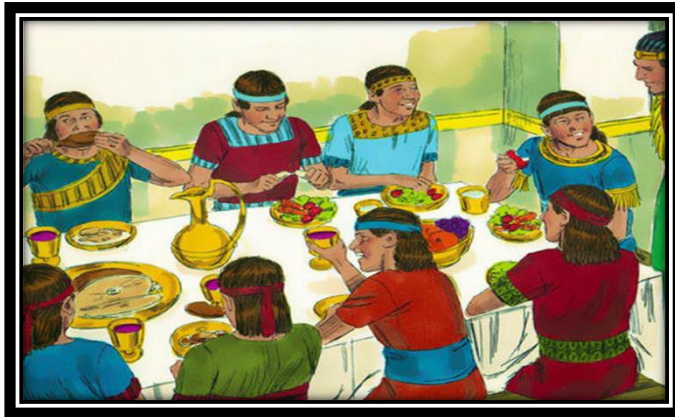
SAINT JOHN WALL CATHOLIC SCHOOL

A Catholic School for All



KS3 Food Knowledge and Skills Overview

Curriculum Intent: “To educate each and every unique child in our care to hear and respond to what God calls them to be”.



John 6:35

“Jesus said to them, “I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.”

Food and Hospitality & Catering Curriculum Intent

Mission Statement	School Curriculum Intent	Curriculum Intent
'To educate	Our skilled teachers and support staff live out their vocation to serve and teach children and young people at Saint John Wall Catholic School	<i>Our Department is part of the Art & Design Technology family. We have one subject specialist and teachers with a background, passion and interest in the study of food and nutrition. Our pedagogy is mainly project based, where pupils develop their life skills and knowledge of the science of food. The curriculum is sequenced from KS3, rotating half way through the year with Technology. At KS4 pupils progress onto a Hospitality & Catering course, which is part of our suite of vocational qualifications. Pupils begin their curriculum journey understanding the relationship between diet, nutrition and health; culminating in demonstrating a wide range of practical skills in the kitchen preparation, cooking, presenting savoury and sweet dishes. Pupils are also provided with regular opportunities to retrieve their knowledge and skills to be creative, confident and independent chefs. Our curriculum also plays a vital role in cross-curricular learning for Lifestyle, PE & Health, Science, Maths and humanities.</i>
each and every	We are 'A Catholic School For All' and we welcome pupils from each and every diverse background, faith and culture into the Saint John Wall community.	<i>All pupils have access to the curriculum and we take pleasure in knowing that the concept of hospitality, food and nutrition dovetails with our Catholic ethos in developing the whole child, within a community that share its resources with others. This is reflected in our schemes of work that includes various culinary experiences from different cultures to foster a celebration of diversity and tolerance for all.</i>
unique child	We value human dignity and recognise every child as a unique individual made in the image of God.	<i>The curriculum incorporates opportunities for discussion on convenience food and inequalities in food distribution. Pupils develop their understanding of local produce and influences of food from a cultural and religious perspective. Pupils will draw on their numeracy skills (measurements) and literacy skills when researching developing presentations, reading and following recipes.</i>
in our care	We provide high levels of care within a respectful and disciplined environment to safeguard children's wellbeing, welfare and safety.	<i>We pay close attention to safety and the wellbeing of pupils. Classroom routines ensure that pupils know how to use equipment safely and appropriately and how to select materials or ingredients according to their specific properties and uses.</i>
to hear	We instil SJW values and encourage spiritual, moral, social, cultural and emotional personal development so that our young people are open to hear God's calling.	<i>We seek to aid pupils' personal development by showing them how simple it is to prepare their own food and to understand the impact good food choices can make on health and lifestyle; for example, at KS3 pupils create a nutritious menu to include vitamins and minerals; then at KS4 pupils take into account dietary needs creating menus that meet these requirements. Pupils are expected to take care of the classroom environment and to be respectful as they peer assess the work of others. In Year 8 pupils develop their moral understanding around consumer choices and food waste.</i>
and respond	We foster our young people's gifts and talents so they are equipped with skills, knowledge and qualifications to create opportunities to be able to respond to God's calling.	<i>We aim to develop pupils' curiosity and understanding of the food they eat and the importance of health and lifestyle; and that this journey continues even if pupils do not go onto Hospitality & Catering at KS4. Through the 'hands-on' practical aspects of the curriculum, pupils will have the skills and confidence to cook at home. This subject is a popular course at KS4, many pupils achieve an excellent Level 2 qualification.</i>
to what God calls them to be'	Taking Jesus Christ as a role-model we help pupils understand what God calls them to be; informed and responsible citizens whose vocation in life contributes to peace, tolerance, justice and service in both our local community and wider society.	<i>Pupils can continue onto Level 3 Food, Science & Nutrition or Hospitality & Catering-Professional Cookery courses. Associated occupations that are apprenticeship based could include food and beverage assistants; how to be a barista, housekeeping and concierge services.</i>

Year KS3 Food Scheme of Work Overview

Sequencing of topics	Year 7: <ul style="list-style-type: none"> ❖ Hygiene, Health & Safety-Personal and Food ❖ Nutrition and Health ❖ Food Preparation skills ❖ Food Processes 	Careers: See development homework	Year 8: <ul style="list-style-type: none"> ❖ Hygiene, Health and Safety ❖ Food safety and Science ❖ Nutrition and Health ❖ Skills and Processes ❖ Food Choices and Provenance 	Careers: See development homework
Calendared assessments	<p>Food Department Marking and Assessment Policy.</p> <p>Practical and theory work are recorded on a tracker and graded according to the EDSM criterion for the project. Project marking and feedback is generated to close potential gaps before the next project commences.</p>			
Personal Development <i>(Cross curricular, Saint John Wall Values, SMSCV, cultural capital)</i>	<p>Food is essential for life. As our pupils enter their next life stages and lead busy lives, it is easy to choose convenience food which has been ready prepared. However, it is more nutritious and often cheaper to cook simple, delicious food.</p> <p>At Saint John Wall Catholic School, the Food Curriculum and the RSE and Health 2020 Curriculum are implemented in all aspects of teaching and learning. Pupils will develop their knowledge and understanding of nutrition, healthy eating, food preparation, safety & hygiene, cooking techniques, and sensory characteristics.</p> <p>We aim to deliver lessons that are REAL: (Relevant, Engaging, Active, Learning) and link to our Steps to Success (Excellence, Achievement and Respect)</p> <p>Give our pupils vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life. <i>(Relevant)</i></p> <p>Encourage the development of high skills and resilience in a safe environment, allowing pupils to demonstrate commitment and act on feedback. <i>(Engaging)</i></p> <p>Empower pupils to enable them to follow a recipe and substitute ingredients and cooking methods as appropriate, demonstrating an understanding of food choices e.g. veganism, allergies & intolerances and healthy eating. <i>(Relevant and Learning)</i></p> <p>Develop understanding that will allow pupils to become discriminating consumers of food products, enabling them to participate in society in an active and informed manner. <i>(Active)</i></p> <p>Engage with pupils to encourage them to understand the environmental factors which affect the inequalities in food distribution on a global scale; as well as the social and economic factors that contribute to the growing need for food bank, giving them an understanding of the need to minimise ‘food waste’ starting with their own practise. <i>(Engaging)</i></p> <p>Allow pupils to explore a number of multicultural perspectives concerning food. Pupils will enhance their understanding, appreciation and acceptance of people from a variety of cultural backgrounds through the preparation of food from different countries. <i>(Active)</i></p> <p>Encourage our pupils to develop an awareness and acceptance of diversity within our community. <i>(Relevant, Engaging, Active, Learning)</i></p> <p>Our FOOD curriculum aims to ensure the following aims are achieved by the end of compulsory food lessons at KS3 and optional lessons at ks4</p> <ul style="list-style-type: none"> • All students have the skills, confidence and resilience to undertake preparing and cooking a range of dishes independently and safely. • All students understand of how the food they consume will impact on the health of their body and mind, both now and in the future. • All students understand that ingredients have specific functions in recipes and be beginning to understand some of food science. • All students understand some of the impact that growing, rearing and processing foods can have on people and planet. • All students understand their choices as consumers. 			

Progression model	What knowledge will pupils develop? <i>(Including key terminology)</i>	What skills will pupils develop? <i>(Including literacy & Numeracy)</i>
	<p>KS3 National curriculum <i>“As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.”</i></p> <ul style="list-style-type: none"> • understand and apply the principles of nutrition and health • cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet • become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes] • understand the source, seasonality and characteristics of a broad range of ingredient 	<p>Food preparation and cooking skills (food safety) For students to demonstrate effective and safe cooking skills by planning, preparing and cooking using a variety of food commodities, cooking techniques and equipment</p> <p>Health and nutrition To develop students understanding about the relationship between diet, nutrition and health including the physiological and psychological effects of poor diet and health; amending recipes to produce aesthetic and edible dishes</p> <p>Food science To develop knowledge and understanding of the functional properties and chemical processes of food ingredients.</p> <p>Factors affecting food choice To understand the economic, environmental, cultural and ethical influences on food availability and choices, diet and health.</p> <p>Food provenance To understand the origins and production process of ingredients and the impact that this can have on the environment.</p> <p>Pupils will source, prepare, cook and evaluate a range of predominantly savoury dishes that include the following skills:</p> <ul style="list-style-type: none"> ❖ Baking-raising agents-mechanical, chemical and biological ❖ Grilling-Dextrinisation ❖ Fruit preparation-Enzymatic Browning ❖ Aeration ❖ Gelatinisation and coagulation ❖ Lamination/layering ❖ Maillard Reaction ❖ Bridge & claw methods-chopping, slicing, dicing, peeling ❖ Rubbing in skill ❖ Glazing and sealing

Development homework

Development homework is on the SJW website.

Gather feedback for the dishes you have cooked. Use sensory analysis adjectives to format on to a radar chart.

Further amend recipes, cook at home and post pictures of dishes on SJW Food Department Social Media Platform and in the school newsletter.

Careers and Pathway Enrichment Homework:

There are many different careers within the wonderful world of food, including Medical, Agricultural, Scientific and Law.

Use the research list to investigate some of the routes available to you.

Collate a report to include:

- ❖ First steps-what qualifications do I need? What college or University do I need to attend?
- ❖ Career path-where can this take me?
- ❖ Salary-how much can I expect to earn?
- ❖ Cross Industry Links-what other industries can I work in?
- ❖ Career progression-how can I move forward, climb the career ladder?

Research careers in the Food Industry

- ❖ **Medical**- Dietician, Nutritionist, **Dentist**, Diabetologist, Endocrinologist- <https://www.healthcareers.nhs.uk/explore-roles/dental-team/roles-dental-team/dentist/entry-requirements-and-training-dentistry>
- ❖ **Scientific**- Molecular Gastronomy-Heston Blumenthal
- ❖ **Art and Design**- Chef, **Food Photographer**/Styler, Product Developer- <https://tastycareers.org.uk/job-descriptions/packaging-food-photographer>
- ❖ **Agriculture**- Farming- <https://www.mccain.co.uk/about-us/>
- ❖ **Chef development pathway**- <https://nationalcareers.service.gov.uk/job-profiles/chef>
- ❖ **Health & Safety**- **Environmental Health Officer**. Health and Safety Executive- <https://nationalcareers.service.gov.uk/job-profiles/environmental-health-officer>
- ❖ **Law**- Food Lawyer- <https://www.prospects.ac.uk/universities/de-montfort-university-3727/leicester-de-montfort-law-school-9204/courses/food-law-2817>
- ❖ **Food Processing**- **Brewer**- <https://nationalcareers.service.gov.uk/job-profiles/technical-brewer>