

Food Curriculum Rationale: The core aim of our KS3 curriculum in Food Technology at The Birkenhead Park School is to create student engagement in Cooking and Healthy Eating that will last a lifetime. In Key Stage 3 we offer a broad and balanced curriculum to all our learners to ensure students understand the value of making their own dishes using healthy and reasonably priced ingredients and can build upon their confidence in the kitchen. Students have the opportunity to experience a range of skills and dishes aimed at improving their practical skills as well as engraining the importance of leading a healthy lifestyle. Central to our KS3 curriculum is the design of strategic opportunities for students to develop their independence and practical skills. Therefore, we place great value on Foods role in providing both practical and theoretical education to ensure that our KS3 programme succeeds in providing students with skills and knowledge they will find invaluable in adulthood. We believe the best way to teach these skills and knowledge is through practical activities and emphasise on learning through doing across our KS3 curriculum. Our KS3 provision in Food is distinct from our KS4 vision, as the greater breadth and balance of our KS3 is underpinned by our belief that KS3 Food has its own unique value. Nevertheless, our KS3 does facilitate transition onto Catering pathways appropriate to the individual student at KS4 and most importantly is aimed at creating an appreciation of Food that will last a lifetime.

Year 7 Rationale:

- ✓ Assume academic levels on entry correct and build on prior knowledge and attainment allowing students to continue to make rapid progress.
- ✓ Broad and varied range of topics and practical's that follow logical progression and allow students to experience a taste of all of the different topics.
- ✓ It allows students to begin to build on an understanding of why Health and Safety is important as well as why we should follow health guidelines to follow a balanced and healthy diet.
- ✓ **Planned cultural capital: Super size Vs Super Skinny teenagers, discussion linked to diabetes type 2 in teenagers.**

Year 8 Rationale:

- ✓ Students build on the skills and knowledge of techniques that have been established at year 7
- ✓ Students engage with practical lessons to introduce foods from different cultures and traditional British dishes.
- ✓ Students engage with theory lessons to introduce Nutritional Analysis and Food Choice.
- ✓ Broad and varied range of topics and practical's that follow logical progression and allow students to experience a taste of all of the different topics.
- ✓ It allows students to begin to build on an understanding of specific diets and lifestyles.
- ✓ **Planned cultural capital: Planned discussions on topics such as Veganism and the impact of becoming meat free on the environment and animal welfare issues. Farm to fork.**

Year 9 Rationale:

- ✓ Students build on the skills and knowledge of techniques that have been established at year 7 & 8. In particular high level practical skills.
- ✓ Students engage with theory lessons to introduce Nutrients and Nutrition.
- ✓ Students begin to develop their written skills and link detailed answers to knowledge gained during practical Food lessons.
- ✓ Students are given many opportunities to link their learning to their own health and lifestyles to contextualise and understand the 'why' eat healthy and what are the impacts on health.
- ✓ **Planned cultural capital Planned discussions on topics linked to real life case studies – for example the boy who went blind due to poor diet.**

Year 10 Rationale:

- ✓ Students continue building on theory and high level practical skills as part of their AQA Food Preparation and Nutrition course building on skills and knowledge learnt in year 7,8,& 9 in preparation for the Year 11 written exam.
- ✓ Students to complete a practice NEA 1 – Food Science investigation in preparation for Year 11 CA.
- ✓ Students to complete a practice NEA 2 – Plan, Prepare and Present a two course meal based on European Cuisine in preparation for Year 11 CA.
- ✓ Planned cultural capital: knowledge of how to prepare high skilled dishes which are nutritious and cost effective such as deboning a full chicken carcass to create numerous different meals from.
- ✓ Planned cultural capital: Planned discussion regarding the impact of poor health on the NHS and how the cost of funding obesity related illnesses costs the NHS more than the police, fire service and judicial system combined.

Year 11 Rationale:

- ✓ Students complete revision for their June 2020 exam.
- ✓ Students complete NEA 1 – Investigate Chemical Raising Agents in baked goods such as cakes, biscuits and scones.
- ✓ Students complete NEA 2 – Titles released 1st November. Plan, Prepare and Present a three course meal based on..... TBC.
- ✓ Planned cultural capital: Importance of healthy eating emphasised.
- ✓ Planned cultural capital: Psychology factors such as motivation, arousal, aggression, anxiety, depression and stress all addressed and management strategies suggested enabling students to practice during exam periods and difficult times.