

What are the aims and intentions of this curriculum?

The Children will become independent, resourceful and respectful individuals by exploring different cultures, beliefs and traditions with food.

The scheme of work for year 7 and 8 links into many subjects with topics such as sustainability and world food cultures, science with food chemistry, microbiology and nutrition. It aims to develop social and life skills within the classroom that will encourage each child to link nutrition and health to wellbeing. Food technology allows children to gain a range of practical skills to help them to be creative and independent. Throughout Food Technology there is focus on preparing healthy dishes safely and hygienically. They will invest in their practical work to enable key life skills. Students are encouraged to be creative via the Scheme of Work for food and diversity, tolerance and individuality are celebrated. Linking to religious studies with food beliefs and choices, how British values have influenced the history of eating patterns and food availability. Along with basic nutrition and the importance of a balanced diet. Children will develop their practical skills, to further develop their confidence and independence in this area. Food technology is an open door to the possibilities of how our next generation will appreciate the food foot print and the eco-friendly world that is needed a head of them. Food Technology is inclusive of all different styles of learning and assessed through a variety of practical tasks, quizzes, team building and over all intelligence on what food does for us. RSE and Project Based Learning are embedded in the classroom and adjusted ways of teaching depending on the group of children.

Highlighted in green are links to PSHE in the curriculum

Highlighted in blue are links to Careers in the curriculum

Term	Topics	Knowledge and key terms	Skills developed	Assessment
Autumn 1	<p>To describe energy and explain why it is needed. To identify sources of energy in the diet.</p> <p>To describe how energy needs change throughout life.</p> <p>To define energy balance and relate the consequences of imbalance.</p> <p>To explain where bread, rice, potatoes, pasta and other starchy foods come from and why they are important in our diet.</p> <p>Practical</p>	<p>Energy balance in our diets.</p> <p>Which two types of nutrient are the main source of energy in our diets?</p> <p>Types of carbohydrates The main types of carbohydrates are:</p> <ul style="list-style-type: none"> ➤ Simple carbohydrates ➤ Complex carbohydrates <p>How does your body use carbohydrates?</p> <p>How much carbohydrate do you need?</p> <p>Who needs to know about carbohydrates?</p> <p>Key words Energy Diet carbohydrates</p>	<p>Students will learn how to: Compare the energy values of different foods and fuels.</p> <p>Compare the energy we get from food to the energy our bodies use for different activities.</p> <p>Describe energy, explain why it is needed and categorise different sources of energy in the diet.</p> <p>Describe how energy needs change through life stages.</p> <p>Define energy balance and describe the consequences of an imbalance.</p> <p>Mental wellbeing How food supports mental health and the effects it has on physical abilities e.g. energy, moods, weight and mental abilities.</p> <p>Everyone is unique and equal.</p>	<p>Energy presentation</p> <p>Energy worksheet</p> <p>Complete eat well plate exercise. How balanced is the food you eat at home?</p> <p>Poster design on the tips for a healthy diet.</p> <p>Write a food diary of all the food you have eaten in one day. Evaluate if your diet is high in fat or just right.</p> <p>Worksheet on carbohydrates and how it provides the energy we need.</p>

	<ul style="list-style-type: none"> • Vegetable rice. • Cheesy pasta • Spaghetti Bolognese • Tuna pasta salad • Pizza • 		<p>Food technology gives students the opportunity to evaluate their lifestyle choices and what is open to them. They will engage in teamwork, life and emotional skills they will need in life to support them in making the correct choice.</p> <p>Hospitality services</p> <p>Students will understand that there are many job opportunities within the hospitality and food services. These include:</p> <p>Chef Head chef Cake decorator Pastry Chef Catering manager</p>	
<p>Autumn 2</p>	<p>To explain the sources, types and functions of protein.</p> <p>To describe the dietary recommendations for protein and how it relates to their diet.</p> <p>To define protein complementation.</p> <p><u>Practical</u></p> <ul style="list-style-type: none"> ➤ Chicken curry ➤ Quorn chicken curry ➤ Chickpea curry <p>Understand why and how to eat more plant protein.</p> <p>Importance of protein foods in the diet.</p>	<p>Nutrients presentation explaining the sources, types and functions of protein.</p> <p>Dietary reference values.</p> <p>The main sources of protein in the UK diet.</p> <p>Portion size for meat, fish, eggs, seeds or nuts, pulses and cereal.</p> <p>The structure of protein in our diets.</p> <p>Key words Protein Dietary Nutrients Portion sizes</p>	<p>Explain the sources, types and functions of protein in the diet and the consequences of over or under consumption.</p> <p>List the dietary recommendations for protein and how it relates to their diet.</p> <p>Describe the dietary recommendations for protein and how it relates to their diet and the diet of others.</p> <p>Define protein complementation.</p> <p>Explain the process of protein complementation.</p> <p>Physical health and fitness</p> <p>Balanced diets, recognising labels for information on weight, links with diet and exercise, concerns around fast food fast life, health issues and food, allergies, culture and traditions.</p> <p>Cross Curriculum activities with PE</p>	<p>Worksheet on protein and how effective it is in our diet.</p>

			<p>Food Etiquette in Britain</p> <p>Respectful relationships including friendships.</p> <p>Black History Month – Cultural food. World food day 16th of October. National baking day – 17th -23rd October. Stress Awareness day 2nd November. Anti Bullying week November 15th. Christmas Day 25th of December</p>	
<p>Spring 1</p>	<p>To plan and create a recipe for a healthier main meal dish to be served in a leisure venue.</p> <p>To investigate the availability, benefits and drawbacks of locally or regionally sourced food and/or ingredients.</p>	<p>How to plan and create healthy recipes?</p> <p>How to make use of seasonal and local produce?</p> <p>The different places where ingredients can be purchased.</p> <p>Exploring dishes around the world How they vary in nutritional value.</p> <p>Key words Ingredients Recipes Local produce Seasonal Nutritional value</p>	<p>Plan and create a detailed recipe for a healthier main meal dish.</p> <p>Investigate and summarise the availability, benefits and drawbacks of locally or regionally sourced food (and/or ingredients).</p> <p>Prepare a summary of the availability, benefits and drawbacks of locally or regionally sourced food (and/or ingredients).</p> <p>Applying skills such as: weighing, measuring, knife skills, making roux, use hob, use oven, boil, simmer.</p> <p>Balanced diets,</p> <p>What food does in our bodies The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn. Eating schedules' how it affects daily life and our bodies. Responsibility of your own Health, culture, religion and traditions when cooking.</p> <p>Families</p> <p>Texture, Taste, Smell. Using alternative methods for home cooking, Affordability Farm to plate, Farm to shop comparisons) Adapting ingredients</p>	<p><i>Main activity 1</i> Look at regional specialities for the UK and the diversity of ingredients that are available. This might include food that is readily available to meet the needs of different cultural groups.</p> <p><i>Main activity 2</i> Students will be asked to suggest 5 points to consider when planning a main meal that could be eaten in a leisure venue, for example an out-of-town shopping centre, bowling alley or sports centre.</p>

Spring 2

Malnutrition and nutritional deficiency.

Practical:

- Vegetable biriyani
- Pizza
- Sweet chili chicken

Describe the benefits of a balanced diet.

Explain how different types of malnutrition are caused and their effects.

Deficiency diseases:

- Kwashiorkor – lack of protein
- Night blindness – lack of vitamin A
- Scurvy – lack of vitamin C
- Rickets (weak bones) – lack of calcium and vitamin D
- Anaemia (tiredness) – lack of iron

Key words

- Vitamins
- Minerals
- Deficiency
- Disease
- Malnutrition

Career opportunities

Studying food science provides students with the scientific and technical skills needed for a wide range of careers in the food and drink industry, as well as in public health, nutrition and research.

Students are expected to:

Compare the characteristics of a healthy and malnourished child.

Identify the food sources of the essential nutrients and its functions.

Determine the signs and symptoms and diseases resulting from nutritional deficiencies.

Construct worthwhile informational posters that will serve as an awareness to diseases presented.

Dental health and the benefits

Good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist - Balanced diets, what food does in our bodies

New Technology and techniques for food

World Book Day 1st March

- International Women’s Day 8th March.
- Mothers Day 18th March
- St Patrick’s day 17th of March
- World Health Day 7th April
- World Fairtrade Day 14th May
- British Sandwich week 15th May

Activity 1

Select one of the following deficiencies and explain how this may affect an individual’s daily life.

- **SCURVY**
- **RICKETS**
- **NIGHT BLINDNESS**
- **KWASHIORKOR**
- **ANAEMIA**

Activity 2

Your task

- You are a reporter for a local newspaper. You must write a report about **the possible diseases that people may develop living in one of the following**

			<p>Career links</p> <p>Students will understand that Food technology is not only about cooking but that there are numerous careers opportunities available.</p> <p>These includes:</p> <ul style="list-style-type: none"> ❖ Food technologists ❖ Food scientists ❖ Quality manager ❖ Nutritional therapists ❖ Research scientists 	<p><u>countries due to famine:</u></p> <ul style="list-style-type: none"> • Yemen • Afghanistan • Haiti • Liberia • Zimbabwe • Syria
<p>Summer 1</p>	<p>Understand the effects of Sugar in our diet.</p> <p><u>Practical:</u></p> <ul style="list-style-type: none"> ➤ Bread ➤ Rock bun ➤ Scones ➤ Savoury pastries <p>Explain why too much added sugar in foods is bad for you.</p>	<p>How to describe the effect sugar has on mood, health, and different parts of the body.</p> <p>Maximum recommended daily intake of sugar and how it compares to the amount of sugar found in common food and drink.</p> <p>How to cut down on sugar in your diet.</p> <p>Key words Sugar Healthy problems Alternatives Labels</p>	<p>Students will be able to:</p> <ul style="list-style-type: none"> ➤ Identify sugar as an important part of our diet that provides energy, ➤ Explain that too much sugar in the diet can cause health problems, ➤ Describe the effect of sugar on parts of the body ➤ Describe the effects of sugar on mood. ➤ Be self-reflective about their sugar intake, eating choices, and health implications associated with diets high in sugar <p>Calendar events</p>	<p>Investigating sugar level in different products.</p> <p>Worksheet.</p>

	<p>Recall the new recommended daily maximum sugar intake for specific age range.</p> <p>Identify how much sugar is contained in food and drink products by looking at labels.</p> <p>Select healthy alternatives to sugary foods, including fruit and vegetables.</p>		<p>World Health Day 7th April World Fairtrade Day 14th May British Sandwich week 15th May</p> <p>Career Links</p> <p>Studying food technology allows students to develop a good mix of subject-specific and scientific skills in areas such as:</p> <ul style="list-style-type: none"> ❖ food analysis ❖ food design and development ❖ food production ❖ food processing and engineering ❖ food safety, sustainability and affordability ❖ physiology and nutrition 	
<p>Summer 2</p>	<p>To explain the characteristics of a range of ingredients and how they are used in cooking.</p> <p>To carry out practical tests to demonstrate the characteristics of ingredients.</p> <p>To research and explain different cooking methods.</p>	<p>The functional properties/characteristics of food and why they are used in recipes.</p> <p>The use of different range of ingredients, such as:</p> <ul style="list-style-type: none"> • different fats and oils; • a range of sugars, solid and liquid (honey/syrup); • flour – plain, self-raising, strong; • liquid – water, milk; • Fruit and vegetables. <p>Key words Cooking Evaluate Investigate Functional properties</p>	<p>Students will be able to:</p> <ul style="list-style-type: none"> ➤ Explain the characteristics of wide range of ingredients and how they could be applied in cooking. ➤ Carry out practical tests to demonstrate the characteristics of ingredients, evaluate and explain the results. ➤ Explain different cooking methods, the effect they have on food and suggest healthier ways to cook. <p>Pride week – understanding and respect relationships Including friendships. Rainbow meringues.</p>	<p>Students will carry out a practical activity/investigation to identify the functional properties of ingredients.</p> <p>Activity 2:</p> <ol style="list-style-type: none"> 1. Research different cooking methods. What effect do they have on the finished dish? 2. Explain: boiling, simmering, frying, baking, grilling.

			<p>Respect of others</p> <p>Self-Care - physically and mentally How to budget by investing in ingredients to home cook</p> <p>Pricing- Flour, fruit, butter</p>	<p>3. The microwave is a popular way of heating food. Explain why food does not brown in the microwave.</p> <p>4. Suggest four healthier ways to cook food</p>
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