

AKS Food Studies Curriculum Map

Mission Statement: "To instill a love of cooking."



Further details of **subject** can be found in the **subject** policy & long term plan.

Our Food Studies curriculum is designed to empower students with a holistic understanding of food sources, enabling them to make informed choices for a healthy, balanced lifestyle. We provide practical skills that ensure safety in handling equipment during food preparation and cooking. With an emphasis on enjoyable cooking experiences, we celebrate the pleasure of preparing, sharing, and enjoying meals together. We extend this experience to the home, involving parents/carers in the culinary journey. Our aim is to foster a sense of accomplishment, promote kitchen independence, and nurture a lasting love for cooking. Food Studies is an integral part of our school curriculum, ensuring every pupil has access to an appropriate education. Our food policy at Alderman Knight School aligns with our overall mission and goals.

KS5

In Post 16, students embark on a journey that continues to prepare them for adulthood. The dishes created throughout are planned to equip students with the food knowledge and practical kitchen skills to enable them to confidently prepare and cook a multitude of different dishes, using ingredients and pre-prepared items, which they can re-create in the future to feed themselves and others around them.

- To promote an interest and enjoyment in food and cooking
- To refine the pupil's fine motor and manipulative skills
- To foster the pupil's ability to cooperate, build relationships with others and understand the importance of food for socialisation and sharing a meal with friends and family
- To develop the pupil's self-confidence and self-esteem through the acquisition of skills and understanding of their capabilities of themselves and others
- To ensure pupils take pride in the quality of their work
- To develop communication skills, encourage the use of the appropriate terminology and promote those skills necessary for effective co-operation
- To develop cross curricular literacy and numeracy skills through practical cookery tasks e.g. reading a recipe and weighing/measuring.
- To develop positive attitudes within the pupil towards a healthy approach to living
- To develop the pupil's understanding of nutrition and eating a healthy balanced diet
- To foster an awareness of the need for health and safety, taking care of oneself, others, resources and following instructions
- To develop pupil's understanding of where food comes from and to understand the source, seasonality and characteristics of a broad range of ingredients
- To develop confidence when using small appliances and utensils in the kitchen
- To ensure high standards of personal hygiene throughout every practical lesson
- To develop pupil's skills enabling them to transfer their practical skills into real life situations and to be able to cook a range of healthy meals to feed themselves in the future
- To promote the range of employment opportunities within the food industry

Curriculum Time: **Double lesson each week**

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BTEC Home Cooking Skills Level 1 or 2

WJEC Level 1/2 Hospitality & Catering

Practical examples:

Breakfast topic: Greek yoghurt muffins, bacon sandwich, raspberry flapjack, pancakes, breakfast pizza flatbread, chocolate & banana French toast

Lunchbox topic: Cheese & ham scones, banana tray bake, pizza pinwheels, apple pie pop tarts, crinkle cookies

Italy topic: Tricolore salad & garlic bread, pizza, fresh tomato sauce & fresh pasta, creamy sausage pasta

Y10 Autumn 1&2: BREAKFAST TIME / LUNCHBOX GOODIES

Y10 Spring 3&4: ITALY / POTATOES

Year 10 Summer 5&6: FAKEAWAY / SUPERMARKETS

Y11 Autumn 1&2: MEALS ON A BUDGET

Y11 Spring 3&4: MOCK NEA / NEA

Year 11 Summer 5: PFA: FUTURE DISHES

KS4

Y10 Autumn 1&2: HOSPITALITY & CATERING PROVISION

Y10 Spring 3&4: HOW H&C PROVIDERS OPERATE

Year 10 Summer 5&6: SEASONALITY & SUSTAINABILITY / MOCK

Y11 Autumn 1&2: SPECIAL DIETS / NUTRIENTS

Y11 Spring 3&4: NEA / REVISION

Year 11 Summer 5: REVISION FOR EXAM

Practical examples:

Main courses: Lasagne, burgers, homemade pasta, chicken parmigiana, quiche, Cornish pasty

Desserts: Lemon posset, flapjack crumble, meringue sundae, mince pies

Savoury accompaniments: Mayonnaise, coleslaw, chips, wedges, salads, dressings

Sweet accompaniments: Shortbread, custard, ice cream, fruit coulis/caramel sauce

KS3 Curriculum Time: **Double lesson each week**

Summer 5: Junior Chef of the Year
Summer 6: Pupil choice x 3

Spring 3&4: Food Labelling/Allergens & Easter

Autumn 1&2: Cross-contamination (Protein) & Christmas

Year 9

Summer 5: Food Storage
Summer 6: Pupil choice x 3

Spring 3&4: Eating on a Budget & Easter

Autumn 1&2: Food from around the World & Christmas

Year 8

Summer 5: Eating for Energy
Summer 6: Pupil choice x 3

Spring 3&4: Seasonal Foods & Easter

Autumn 1&2: 5-a-day (Fruit & Veg) & Christmas

Year 7

KS2 Curriculum Time: **Double lesson bi-weekly**

Paired work

Taste testing

Food provenance

Recipe reading

Health & safety

4-year cross-curricular rolling program

Hob/oven

Independence

Knife skills

Washing up

Eatwell Guide