

Year 7 Food & Nutrition	Subject Intent	We want our students to be able to lead an active and healthy lifestyle. Learning Food & Nutrition will give them the ability to thrive in this. Our curriculum aims to challenge and inspire pupils to be curious about how to maintain a healthy, balanced diet, in both a theoretical and practical context. Our curriculum improves a pupil's organisation skills, literacy and provides an insight into understanding the chemical and functional properties of food. Pupils will be confident in the key practical skills required to thrive in the kitchen, and gain understanding of how food is a fuel for life. These theoretical concepts and practical skills are embedded in all that we do, in preparation for assessment in year 11 and beyond.
	KS3 Subject Narrative	Our KS3 curriculum is topic based. The key exams skills of knowledge recall, describing, analysing and evaluating are built into each topic. Pupils are assessed regularly in these key skills – which are valued equally (to mirror KS4). Key practical skills and techniques, as well as theoretical concepts around Nutrition & Health, Food Safety, Food Science, Food Provenance and Food Choice are gradually introduced in years 7-9.
	KS4 Subject Narrative	KS3 topics and knowledge are revisited in greater complexity in years 10, in preparation for assessments in year 11. Through engaging themes including 1. Food, Nutrition & Health, 2. Food Science, 3. Food Safety, 4. Food Provenance, 5. Food Choice , we have sequenced our curriculum to allow practical progression whilst at the same time for pupils to demonstrate understanding of increasingly complex and varied theoretical content.
	Routine Assessment Strategies	We frequently use knowledge retrieval starters and low stakes quizzing in lessons to assess understanding of different topics. Pupils will act on SAR feedback at relevant points of their study. Pupils also will reflect on their practical work by completing Product Evaluation sheets

Year 7 Food & Nutrition	WHY THIS, WHY NOW?	Topic 1 – Working Safely in the Kitchen	Topic 2 – Maintaining a Healthy, Balanced Diet	Topic 3 – Macro & Micronutrients
	Enquiry questions	<ul style="list-style-type: none"> What does a safe kitchen look like? What can basic food preparation skills be applied to food? 	<ul style="list-style-type: none"> What is the Eat Well Guide? How can we adapt our diets to meet different nutritional and energy needs? 	<ul style="list-style-type: none"> What role do Macronutrients and micronutrients play in our body?
	Key Subject Knowledge	<ul style="list-style-type: none"> Identifying potential hazards and to be able to work safely and hygienically with food. Develop safe use of knives, ovens and hobs whilst learning basic food preparation skills 	<ul style="list-style-type: none"> Describing energy & nutritional needs for different groups of people. Describing how to maintain a healthy, balanced diet for different groups of people 	<ul style="list-style-type: none"> Describing the role of different nutrients in the body. Describing food sources for all different types of nutrients.
	Subject Competencies	<ul style="list-style-type: none"> Recognition of good practice in the kitchen. Demonstrate using the bridge and claw when using knives. Handling a variety of different foods safely to create good quality food products. 	<ul style="list-style-type: none"> Meal planning to basic government guidelines (using the eat well guide) Adapting recipes to suit basic nutritional needs. 	<ul style="list-style-type: none"> Identify 3 main macronutrients and their roles in the body. Recognise differences between Micronutrients and their basic functions.
	Summative Assessments (high stakes assessments which test cumulative knowledge)	<ul style="list-style-type: none"> Baseline Test (start of year 7) to test prior knowledge of Food & Nutrition. Self-evaluation of practical learning, with teacher written feedback. 	<ul style="list-style-type: none"> <i>Only 1 assessment completed due to rotation with Design & Technology – assessment completed either mid-year or at the end of the year, depending on Rotation</i> 	<ul style="list-style-type: none"> End of Unit Assessment covering Y7 content – focused on nutrition and basic food safety. End of Unit Practical Skills Review.
	How does this pave the way for future study?	<ul style="list-style-type: none"> Food safety is a key topic in KS4. Practical skills are assessed in NEA2 component of course, which is worth 35% of final grade. 	<ul style="list-style-type: none"> Basic knowledge of maintaining and adapting balanced diets will become further embedded in the Nutrition module of KS4 study, where pupils will develop an in depth understanding and explore impacts of poor dietary choices. 	<ul style="list-style-type: none"> Basic knowledge of nutrients will become further embedded in the Nutrition module of KS4 study, where pupils will develop an in depth, scientific understanding.