

## **The Subject Curriculum at Five Acres High School**

### **Intent**

#### **Why should all pupils learn this subject?**

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.

Students who learn what a balanced diet is, and how to cook are also more likely to:

- Eat healthy.
- Contribute to the family.
- Learn about planning and making choices.
- Develop a life skill.
- Expand their understanding of maths.
- Boost their self-esteem.
- Explore their creativity.

#### **What is the core knowledge in this subject?**

Students will initially have health and safety/food hygiene lessons, following lessons that give a full understanding of what a balanced diet is and how to plan menus for specific dietary requirements and nutritional needs throughout life.

Moving into KS4, students will understand what the hospitality and catering industry is, job requirements and working conditions and factors affecting the success of hospitality and catering providers. They will know how the operational activities in both a kitchen and front of house work. Safety, meeting customer requirements, and risk assessment will be covered within the curriculum. Food related causes of ill health, allergies and intolerances will be taught along with food safety legislation and the role of the Environmental Health Officer.

On a practical level, students will be able to cook a number of commodities including rice, pasta, bread, meat, fish, grains, dairy, fruit/vegetables and be able to follow a recipe, understanding the vocabulary and skills related to preparing a wide range of food. They will have experience of selecting ingredients to suit their preferences/dietary requirements. A number of savoury and some sweet recipes will be followed, some of which will require students to use electrical equipment such as blenders, ice cream makers and food processors.

### **Implementation**

#### **How is this subject taught at FAHS?**

Within KS3, the subject is very much taught through practical. Students are initially given theory lessons in health and safety, food storage and bacterial growth to ensure they have the knowledge to cook safely. Students observe the teacher in a practical demonstration through which further knowledge of The Eatwell Guide, Food provenance and the aspects of seasonal food are taught along with the creation of a timeplan or recipe. Students then cook in the following lesson from their timeplan/recipe.

Within KS4, students have 5 lessons a fortnight, two of which are practical lessons.

#### **What are the key ways students practise in this subject?**

KS3 skills are practical lessons.

KS4 theory is taught and applied to exam style questions, breaking each learning objective down into individual topics. KS4 practical lessons start by being teacher-led in Year 10 as per KS3 but move to giving students more choice in ingredients/flavours/textures. Students are encouraged to choose recipes individually around a commodity, preparing them for their individual exam practical in Year 11.

### **Impact**

#### **What does assessment look like in this subject?**

Teachers assess students' understanding during demonstration lessons through questioning. Prior knowledge from previous lessons is revisited when appropriate to ingredients being used.

KS3 students are assessed through a practical lesson for their PPE's, whilst KS4 are assessed on either their theory work, or practical lesson dependent upon which term the PPE falls (alternates).

Assessment within lessons for KS4 occurs through low stakes quizzing, exam question practice. Mini assessments are also taken at the end of each Learning Objective.