



Hallmoor Key Stage 4

Food Studies

Overview and Intent

Food is a vital part of our daily lives and is essential for life. As our students become adults and have busy lives, it is easy to choose food which has been ready prepared. However, it is more nutritious and often cheaper to cook simple, delicious food.

At Hallmoor School, students will develop their knowledge and understanding of nutrition, healthy eating, food preparation, hygiene and cooking techniques.

At Hallmoor, we focus on healthy food and making sure students become as independent as possible. We aim for them to have a love of the subject and aspire to high standards.

We both aim for them to understand the basics such as using equipment properly and safely but also try to give them high-level skills which will raise their skill, self-esteem and capture their intellectual curiosity.

We aim to support the UK Government's Levelling Up Executive Summary

"...we will act now to deal with one of the biggest contributors to ill health: poor diet and obesity. We will take forward recommendations from Henry Dimbleby's independent review towards a National Food Strategy including piloting Community Eatwell and a school cooking revolution". (P13 Exec Summary)

The government will aim for every child leaving secondary school “to know at least six basic recipes that will support healthy living into adulthood”.

We aim ensure this happens by making sure they can cook a range of high-quality and healthy meals.

These dishes include:

- Pasta
- Couscous
- Fajitas
- Curry
- Stir-fry
- Bread

However, this is not an exhaustive list.

We aim to increase independence and give students a passion for a life-long interest in this valuable life skill which has range of career opportunities.

We also place an emphasis on reviewing learning, so students are more able to replicate what they make in class.

KS4 Subject Content

- Food Hygiene
- Nutrition and Balanced Diet

- Food Provenance, Special Diets and Food Choices
- Cooking a range of meals which predominantly supports a balanced diet.

Aims:

- Students will develop their knowledge and understanding of nutrition, healthy eating, food preparation, hygiene and cooking techniques.
- We aim to increase independence and give students a passion for a life-long interest in this valuable life skill which has range of career opportunities.
- We also place an emphasis on reviewing learning, so students are more able to replicate what they make in class.

**Long Term Plan
Pathway 1, 2 and 3**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	115764 BASIC KITCHEN HYGIENE AQA Programmes Unit Award Scheme unit details	115764 BASIC KITCHEN HYGIENE	111631 HEALTHY EATING AQA Programmes Unit Award Scheme unit details	111631 HEALTHY EATING	115082 COOKING HEALTHILY ON A BUDGET	115082 COOKING HEALTHILY ON A BUDGET Main area of study: Food

	<p><u>Topic of study:</u> How to work hygienically and safely.</p> <p>Main area of study: Food Hygiene</p>	<p>AQA Programmes Unit Award Scheme unit details</p> <p><u>Topic of study:</u> How to work like a chef.</p> <p>Main area of study: Food Hygiene</p>	<p>Main area of study: Nutrition and Balanced Diet</p> <p>Big picture: Understanding how to gain a balanced diet.</p>	<p>AQA Programmes Unit Award Scheme unit details</p> <p>Main area of study: Nutrition and Balanced Diet</p> <p>Demonstrating a repertoire of meals which are part of a balanced diet.</p>	<p>Main area of study: Food Provenance, Special Diets and Food Choices</p>	<p>Provenance, Special Diets and Food Choices</p>
<p>Year 2</p>	<p>BASIC FOOD HYGIENE AQA Programmes Unit Award Scheme unit detail</p> <p><u>Topic of study:</u> Preparing for independent cooking and hygiene routines</p> <p>Main area of study: Food Hygiene</p>	<p>BASIC FOOD HYGIENE AQA Programmes Unit Award Scheme unit detail</p> <p><u>Topic of study:</u> How to work in a Hospitality establishment</p> <p>Main area of study: Food Hygiene</p>	<p>108558 MAKING A SIMPLE MEAL AQA Programmes Unit Award Scheme unit details</p> <p>Making a simple meal</p> <p>Main area of study: Nutrition and Balanced Diet</p>	<p>05609 PLANNING AND PREPARING A HEALTHY BUDGET MEAL AQA Programmes Unit Award Scheme unit details</p> <p>Main area of study: Nutrition and Balanced Diet</p>	<p>05609 PLANNING AND PREPARING A HEALTHY BUDGET MEAL AQA Programmes Unit Award Scheme unit details</p> <p>Main area of study: Nutrition and Balanced Diet</p>	<p>108558 MAKING A SIMPLE MEAL AQA Programmes Unit Award Scheme unit details</p> <p>Making a simple meal</p> <p>Main area of study: Nutrition and Balanced Diet</p>

						Main area of study: Food Provenance, Special Diets and Food Choices
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