



## **Food & Nutrition at The Bridge**

### **Aims and objectives**

Throughout their time at the Bridge, all students study Food & Nutrition. The aims of this course are as follows:

- To help students to develop and demonstrate a range of skills through food preparation, activities and studies.
- To enable students to prepare, cook and present dishes, combining appropriate techniques
- To help students to develop and demonstrate an understanding of food production and food industry issues.
- To allow students to analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others.

The Food & Nutrition course enables students to :

- Demonstrate safe and effective cooking skills using a variety of food ingredients, cooking techniques and equipment
- Develop knowledge and understanding of the functional properties and nutritional content of food
- Understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health
- Understand the economic, environmental, ethical, and cultural influences on food availability and diet and health choices
- Demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, cooking and serving food
- Understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international), to inspire new ideas or modify existing recipes

### **Teaching and learning styles**

A variety of teaching and learning styles are used to deliver this course. Emphasis is put on encouraging students to work independently when preparing and cooking dishes so that they can replicate them at home. However, teamwork also has an important part in the planning and production of many dishes, eg; MacMillan Coffee Morning & World Mental Health Day. Students are supported throughout practical cookery sessions so that they develop the necessary confidence to prepare food and cook unaided in the home. Teacher demonstrations take place where appropriate to model correct techniques to students.

## **Food planning**

The Food & Nutrition course offers a large practical component. Food also has cross-curricular links with PSHE, English, Maths, ICT and Sports. Curriculum planning also takes into account the school's Unique Me principles for each half term, with a large emphasis on the principle “**Developing healthy habits**”.

Modules completed across the course include:

### **KS3 modules:**

Food Provenance

Events: MacMillan Coffee Morning, Remembrance Day & World Mental Health Day

Hygiene, food safety and working safely

Rotary Young Chef

Breakfast

### **KS4 modules:**

Healthy Eating and Nutrition

Pastry Skills

Rotary Young Chef

Egg Cookery

Bread

Knife Skills

Food Safety Level 2

Afternoon Tea

## **Teaching Food to students with special needs**

If timetables allow, all students are offered the opportunity to study Food, regardless of their ability. We provide learning opportunities matched to the individual needs of each student, including those who are more able or have learning difficulties. When planning and delivering Food lessons and providing feedback to students, any EHCP (Educational, Health and Care Plan) IEP (Individual Educational Plan) and SEND (Special Educational Needs and Disabilities) are taken into account.

## **Resources**

All ingredients and packaging materials for practical Food lessons are provided to students free of charge. The Bridge has a fully equipped kitchen and access to ICT facilities.

## **Assessment and recording**

A variety of approaches to the assessment of individual achievement is used in Food. After introducing a topic, theory will be taught through a variety of activities with a large practical element. Verbal feedback is given after every practical lesson to enable students to identify what was successful and what could be improved upon. Students will have the opportunity of studying Food Safety Level 2, a national qualification and a certificate will be awarded on completion of the course. This certificate could potentially enable students to secure a weekend post at a local coffee shop. Every student keeps a file of work undertaken for each module, including photographic evidence of their practical work.

### **Monitoring and review**

Maria Jackson (Deputy Head i/c Teaching and Learning) is responsible for monitoring the standard of student work and the quality of teaching. Raj Narwal is responsible for the development and delivery of the Food curriculum. Monitoring of the Food curriculum and areas for development are identified as part of the Personal Development/Quality of Education Health Checks three times a year and discussed with the Head of School and the lead governor responsible. Feedback is then given to the Local Governing Body.