

## How will pupils build upon what they have learnt in Key Stage Two?

Based on the KS2 national curriculum, some primary pupils will have gained an understanding of healthy eating, some will have gained some practical experience but across the board their experiences are varied and generally limited. Most pupils have undertaken “Design and Make tasks” but these are usually craft based and do not lend themselves to the Food National Curriculum. Some pupils may have gained some practical experience at home cooking with parents/carers but this is not the norm. As such, when pupils arrive at Woodlands, we offer a foundational curriculum in Food to ensure all pupils are equipped with vital catering skills by the end of Key Stage Three and are fully prepared and enthused to pursue study of Food at Key Stage Four.

## Why do we teach our pupils Food?

Food is an exciting subject on offer to pupils at Woodlands which provides an opportunity to develop real-world skills that pupils can clearly see impacting their future lives. Developing healthy eating and living habits is fundamental to our pupils’ future success and happiness in life which will affect both themselves and their future families – it is an incredibly important part of our curriculum.

Through the study of Food, Woodlands pupils will:

- **Develop their literacy and numeracy skills:** pupils are required to weigh, measure, and gauge ingredients and portions. They need to be able to identify ingredients and commodities and analyse the nutritional value of dishes
- **Learn and develop food preparation skills** which will help prepare them for independent living. They will cook a significant number of dishes in KS3 that will provide them with a small repertoire of dishes that they can make at home.
- **Garner nutritional knowledge** which will enable them to choose, prepare and cook healthy meals for themselves and their family.
- **Develop an understanding of how food is prepared** and how and why provenance is important.
- **Understand the importance of food safety and hygiene**, developing cross-curricular links with Science and PSHRE to ensure pupils understand how to prepare food safely in the future.
- **Improve their evaluation skills** as they self and peer-assess their meals and reflect on how to improve their catering skills in the future.

## What is the key knowledge pupils will gain in Food at Woodlands?

### **KS3**

*At KS3, we offer a broad range of study closely aligned to the National Curriculum, including:*

- Kitchen and food safety
- Basic food preparation skills and techniques
- Eat well guide: healthy eating and nutrition
- Seasonality, commodities and ingredients
- Food production and provenance

### **KS4**

*At KS4, we have selected the WJEC exam board, believing it to be the most accessible in terms of the choice of topic it provides and even the choice of which questions to answer in the exam, allowing our pupils to flourish. We study:*

- Food preparation, cooking methods and culinary terms
- Food legislation and environmental health officers; kitchen and food safety
- Job roles, work contracts, types of food service provider, types of establishments and customers
- Nutrition and menu planning
- Environmental concerns

## How will Food at Woodlands prepare pupils for the future?

**What opportunities are there to study this subject at Key Stage Five?** Post-16 education providers in the local area such as Southend Technical College, Havering College offer related courses such as NVQ L1&2

**What will pupils study post 16 in food related courses?** There are a large number of courses at L3 including: Food & Nutrition, City & Guilds; Culinary Skills, Barista skills, Nutrition, Hospitality and Catering Level 1, 3 & 3 and professional food and Beverage service to name a few. For C&G courses look to renowned college providers e.g. Havering and Westminster.

**How does this link with other subjects, at KS5 and beyond?** Food links into all aspects of Hospitality and Catering; it can also link to event management, dietetics and nursing.

**What employment opportunities are available relating to this subject?** Some examples of career opportunities are: media, teaching, public relations, journalism and publishing, sales and marketing, tourism and hospitality and catering. The Hospitality and catering industry is diverse and currently employs over 2 million people in the UK.