Sexey's School Food and nutrition Curriculum Map

Key Stage 3: In years 8 and 9 Students will complete 1 term and in in year 7 they will have 18 lessons of Food and Nutrition each year as part of a rotation.

	Year 7	Year 8	Year 9
Topics and links	Health and Food safety Basic nutrition including the Eatwell Guide • Introduction to the Food room • Health and Safety • Introduction to the Eatwell guide, the 8 healthy eating guidelines and review of own diet • 5 a day • Different types of carbohydrates and fats • The 4 C's of Food safety Practical work - emphasis on using all parts of the cooker and a range of equipment safely Includes Fruit and Pasta salads, Scone pizza, chicken Goujons, Fruit crumble, Toad in the hole, Chickpea curry, Vegetable soup	Food Provenance, Diet and Health Food science • Health and safety recap • Primary and secondary processing • Raising agents, biological, chemical, mechanical • Food Labelling – allergies • Energy balance • Vitamins and minerals – importance • Nutritional needs through life Practical work –Emphasis on the functional and chemical properties of ingredients Soda bread, wholemeal plait, Pizza, quiche, lemon flan, gingerbread, pasta, meatballs, Pasta primavera	Factors affecting food choice • Food provenance and environmental issues associated with Food production • Moral and Ethic issues – vegetarians and vegans • Religion and cultural aspects of Food choice • Environmental issues Food miles, eating seasonally, fair trade and Food waste • Nutrition for health Practical work – Emphasis on dishes they cook for themselves later in life. Pizza swirls, chilli con carne, Fajitas, Apple cake, Chicken sweet and sour, Swiss roll, Pasta cheese, Thai green curry

SEXEY'S SCHOOL

Co-curricular opportunities and Gatsby (careers) links

Links with other DT subjects discussed, how products are designed with an end user in mind

Food hygiene clips shows chefs and environmental health officers at work and explains their roles.

Use of grain chain resources in year 8 show product development and food production careers.

Nutrition videos from BBC bitesize used for energy balance discuss the work of sport nutritionists

Cheese production videos used in year 7 link directly with some of the largest employers in the Bruton area

Key stage three link to the Sexeys core values and ethos and spiritual development opportunities

Instilling a love of cooking that enables students to feed themselves and others in the future.

Through practical work students can demonstrate courage, resilience, honesty kindness, honesty, respect and empathy

Empathy- Understanding individuals with special dietary needs and be able to modify recipes.

Respect personal choice and empathy- when considering moral, ethical, social, religious and cultural food choices.

Respect for resources and the environmental impact of producing and transporting food, food packaging and recycling.

Empathy- Consider the effects of food poverty and how this causes malnutrition. Food waste and the need for food banks