

**YORK HIGH
SCHOOL**

**“Cooking is a
philosophy;
it’s not just
a recipe.”**

Marco Pierre White

FOOD

KS3 SUBJECTS ON A PAGE

OUR AIMS AND INTENTIONS

It is our intention for pupils to embody a love of cooking healthy, savoury dishes in order to prepare meals in later life. To become competent in a range of cooking techniques and food science.

CURRICULUM KNOWLEDGE:

The curriculum in Food provides full access to the National Curriculum and includes; the making of savoury dishes; the teaching of the Eatwell Guide and healthy eating principles and an introduction to the functions of ingredients and food science.

SUBJECT SPECIFIC SKILLS:

Throughout KS3 students will be taught to:

- Understand the principles of nutrition and healthy eating.

- Consider health and safety issues when using the food room and the equipment.
- Cook a range of mostly savoury dishes.
- Consider how reducing sugar intake can aid a healthy lifestyle.
- Use a range of specialist equipment safely and hygienically.
- Cook a wide range of multicultural foods.

IMPLEMENTATION:

- The Food programme of study is regularly reviewed to ensure it provides a healthy food experience for all students.
- Baseline testing is completed to ensure the course is tailored to the needs of the students and differentiation is appropriate.
- The subject is delivered across practical and theory

FOOD IMPLEMENTATION OF THE WIDER YHS CURRICULUM

RESILIENCE	ASPIRATION	SUCCESS
■ Trying new foods and working independently ■ Trying new more complex techniques and equipment ■ Multicultural recipes and cultures. Where food comes from	■ Choosing ingredients and adapting recipes to their own choice and the needs of others. ■ Understanding the functions of an increasing number of ingredients. ■ Choosing foreign ingredients and broadening their palate.	■ Being able to cook for themselves and others. ■ Being able to use alternative ingredients in recipes to improve flavours. ■ Understanding and respecting different cultures and religions.

lessons, with practical lessons being based on the theory learnt previously.

- Pupils are taught to be independent when making and during the cleaning aspect of the lessons.

INTENDED IMPACT:

- The KS3 Food curriculum meets the demands of the National Curriculum.

- Students begin the KS4 programme of study equipped with sufficient practical and theory knowledge to be successful at GCSE.
- Pupils develop a strong practical and theoretical knowledge of Food and Nutrition and are equipped to live healthy lives.