

Subject Curriculum Map

Intent – At the Elms Academy, students will develop their knowledge and understanding of nutrition, healthy eating, food preparation, hygiene, cooking techniques, and sensory characteristics. We aim to deliver lessons that are REAL: (Relevant, Engaging, Active, Learning). Giving our students vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life.

Implementation						
Term	1	2	3	4	5	6
Year 7	<p><u>Health and Safety</u> Students will develop their essential knowledge of personal hygiene in the kitchen such as hand hygiene and how to dress safely for cooking. They will also gain an understanding of health and safety in the kitchen – in particular looking and knife skill and safe use of the hob. The practical lessons during this module will provide an opportunity for students to develop their collaboration and leadership skills.</p>	<p><u>Eatwell Guide</u> Students will develop the essential knowledge of healthy eating and the principles of the Eatwell Guide. For example, they will understand what makes a balanced diet and the importance of balancing the macronutrients. They will continue to develop their knife skills and gain an understanding of weighing and measuring when preparing a meal. They will showcase this understanding through both practical and written assessments.</p>	<p><u>Nutrients</u> Students will deepen their knowledge of the sources and functions of macro/micronutrients. They will also continue to improve their knife skills. They will showcase their understanding through both practical and written assessments.</p>	<p><u>Lifestyle Diseases</u> Students will develop the essential knowledge of the dangers of excess sugar in our diet and the common diet related illnesses in the UK.</p>	<p><u>Science Experiments</u> Students will learn how to conduct a Food Science experiment. They will gain an understanding of enzymic browning, dextrinization and caramelisation. They will also learn about the safe and correct storage of raw meat.</p>	<p><u>Meal Planning and Practical skills</u> Students will develop the essential knowledge of nutrition when planning well balanced meals as per the Eatwell guidelines, developing accuracy, speed and consistency with practical skills. Essential knowledge reading for depth - Consequences of excess junk food for teenagers.</p>
Year 8	<p><u>Food Safety</u> Students will complete the essential knowledge of the 4C's of food safety conditions for bacteria growth.</p> <p>They will build on the bridge and claw knife skills they developed in year 7, with a focus on accuracy</p> <p>They will also revisit safe and correct use of the hob and oven.</p>	<p><u>Nutritional Guidelines</u> Students will complete the essential knowledge on macro/micronutrients: sources and function.</p> <p>They will also learn how to cook and prepare high-risk food (chicken). They will gain an understanding of cross contamination, food storage and use of a food probe.</p>	<p><u>Practical Skills</u> This module will focus on practical skills in food technology. Students will develop skills in: Covering, mixing, kneading, and proofing, along with decorating techniques for cakes and desserts. This module will build confidence and competence in practical cooking skills. It will also encourage creativity and adaptability in the kitchen. It will also reinforce the importance of safety and hygiene in food preparation.</p>	<p><u>Food Science</u> Students will complete the essential knowledge of food science. They will gain and understanding of bread, dextrinization and gelatinisation They will also deepen their understanding of how to conduct a food Science experiment from year 7. For example, the use of yeast and kneading techniques; shaping and forming bread rolls; twists and plaits.</p>	<p><u>Food and The Environment</u> Students will gain an understanding of food waste, its impact on the environment and how the environmental impact of food waste can be reduced.</p>	<p><u>Food Preservation</u> Students will develop the essential knowledge of microorganisms and spoilage, methods of preservation, nutrition retention and creating a safe and hygienic environment.</p>