

Raedwald Academy Trust

KS4 Food & Nutrition Policy



Origins of the Curriculum

The KS4 Haven Pathway Food & Nutrition curriculum is based on current public health priorities and the needs of the cohort. The Food & Nutrition Curriculum comes from the National Curriculum and the students' needs. Key skills have been identified and progression mapped to the end of Key Stage 4. The curriculum develops knowledge gained at Key Stage 3 and guides learners on a journey towards securing the knowledge and understanding they need to succeed at Key Stage 4 and beyond. A key part of the pathway is to improve students' self-confidence, physical and emotional health, and independence. The Food & Nutrition programme has been designed to support this.

If/when there is an aptitude to complete a qualification, Parkside Academy will work closely with the mainstream school to support the completion of coursework and exams where the student is dual roll. Where the student is single-roll, additional curriculum time will be allocated to enable delivery of the full exam curriculum.

The purpose of the Food and Nutrition programme is to equip students with the knowledge and skills to lead a healthy lifestyle. The programme aims to provide students with savory practical skills and allows them to develop an understanding of how their food choices affect their physical and mental health. A particular focus is to make links between food and mental health, attention span, and emotional wellbeing.

Content and Sequencing

The theory and skills content will be taught side-by-side, and students will be continually focusing on how food affects their own wellbeing. The practical lessons will also have a theory of focus and will show students how to make freshly cooked versions of commonly eaten ultra-processed foods. The key nutrition focus is not to teach about individual nutrients but to help students make the link between their food choices and the impact they have on mind and body. The holistic approach fosters a love of cooking and inspires learners to become inquisitive about how foods are made. The students will gradually be given greater independence, and they will be encouraged to be creative with their food products and to develop pride in their work.

Students will develop an understanding of food hygiene and safety for them to make food products safe. They will look at the role of bacterial growth, personal hygiene, cross-contamination, and food storage. They will work with a range of high-risk foods such as meat, dairy and fish to learn skills both for life and to allow them to continue their food studies, which could lead to employment.

Practical skills will focus on five key areas that students will repeat and master across the Key Stage through a range of food products. These skills are:

- knife skills
- rolling and shaping
- seasoning
- time management
- control of heat.

Allowing students to focus on and practice these skills will improve their confidence and independence across the subject. These five skills are the building blocks of all future cooking.

Assessment and Outcomes

Gaps in learning and misconceptions are addressed rapidly. Students self-assess each lesson against the objective to enable them to develop an understanding of their own knowledge of progression.

Lessons are cross-curricular, and literacy is a large part of the Food & Nutrition programme of study. Students will be expected to read information presented to them and evaluate their own learning.

Induction will identify appropriate starting points and any specific strengths or difficulties. All teaching will be adapted to support students' individual needs and will take account of their starting point. Due to potential gaps in learning some core fine motor skills might need to be practiced and reinforced, e.g., cutting.

Food & Nutrition and the Wider Curriculum

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Every student will have the opportunity to access Food & Nutrition in a way that works for them to enable them to progress during their time with us. It seeks to support pupils in designing and making products of which they can feel proud whilst providing them with the experience that will help them choose career paths for the future. They will also gain valuable life skills to support them by successfully transitioning to adulthood.