

## Food & Nutrition, KS4 Outreach

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The focused pathway Food & Nutrition curriculum is based on current public health priorities and the needs of the cohort. Students will not be studying a GCSE level qualification in the subject so a bespoke offering has been developed. The Food & Nutrition Curriculum is derived from objectives in the National Curriculum and the students' needs. 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. The pathway aims for students to return to their mainstream setting. Therefore, a key part of the pathway is to improve their self-confidence, physical and emotional health and independence. The Food & Nutrition programme has been designed to support this.

The purpose of the Food & Nutrition programme is to equip students with the knowledge and skills to lead a healthy lifestyle. The programme aims to provide students with savoury practical cooking 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.

The practical lessons will also have a theory 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 their 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 a pride in their work.

Students will develop an understanding of food hygiene and safety in order for them to make food products safely. 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 in order to learn skills both for life and to allow them to continue their food studies, which could lead to possible 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 and control of heat. Allowing students to focus on and practise these skills will ensure they improve their confidence and independence across the subject. These five skills are the building blocks of all future savoury cooking.

Assessment is used to inform future planning and teaching. 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 progression. Lessons are cross-curricular and literacy is a large part of the Food & Nutrition programme of study. Students will be expected to read through information presented to them and evaluate their own learning.

All teaching will be adapted to support students' individual needs and will take account of their starting point. The unit will work closely with mainstream settings during induction to identify appropriate starting points

and any specific strengths or difficulties. 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.