

1. Food Preparation and Nutrition

Curriculum Intent

The Food curriculum at Maplewell stands out for its blend of hands-on real-world practical application, creativity and understanding of how food aids a healthy balanced diet. Alongside traditional subjects, it merges biology, chemistry, and cultural studies with hands-on cooking experiences for all learners, making it a uniquely engaging course.

Moreover, the Food curriculum emphasises practical skills by encouraging students to prepare, cook and present a wide range of dishes to support a healthy balanced diet which helps to foster and instil confidence and independence in the kitchen, and essential life skills for the future.

Additionally, it tackles modern challenges like sustainability and food waste, prompting thinking on global issues surrounding food production and consumption. This aspect encourages students to become conscientious consumers and advocates for positive change.

Furthermore, the curriculum introduces diverse cuisines and cultural practices, fostering an appreciation for different flavours and traditions. It promotes inclusivity and celebrates the richness of food diversity worldwide for young learners of all abilities.

Key Stage 3

In Key Stage 3 students will learn how to:


















- develop an understanding of the principles of Food safety, personal hygiene in the kitchen and eating a healthy balanced and sustainable diet




- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet
- develop experience in a range of cooking techniques (for example, selecting and preparing ingredients; using utensils and electrical equipment; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; evaluating and suggesting how a recipe could be adapted to meet the needs of a special diet)
- develop an understanding of the source, seasonality and characteristics of a broad range of ingredients and their provenance
- Theory and practical- a focus on hygiene, safety, hazards, and the Eatwell Guide

Year 7

- A focus on developing student's basic practical skills in the kitchen, via completion of a selection of individual and group practical tasks.
- Theory knowledge on Food Provenance and where ingredients are reared, grown and sourced.
- Pathway A – Focus on how to become more independent in the kitchen to prepare, make and cook dishes with some accuracy, making a range of dishes. Focus on hygiene and safety in the kitchen.
- Pathway B – Focus on teaching skills and knowledge on how to carry out practical work with skill and accuracy and making a range of dishes. Focus on hygiene and safety in the kitchen.
- Pathway C (Learning for life)– Focus on teaching skills and knowledge on how to carry out practical work with some support and in small groups. To make a range of dishes, snacks, hot and cold drinks. Use of adaptive teaching to

ensure all learners achieve their potential: teacher modelling, practical work, project work, group work, teaching assistant support, reflection and evaluation, gapped worksheets, and use of some ready-made components.



















	Autumn Rotation 1	Autumn Rotation 2	Spring Rotation 1	Spring Rotation 2	Summer Rotation 1	Summer Rotation 2
Topic	Personal Hygiene Safety in the kitchen Identifying Equipment Practical Cooking	Personal Hygiene Safety in the kitchen Identifying Equipment Practical Cooking	Weighing and measuring Food Provenance: where do the ingredients come from? From farm to fork Practical Cooking	Weighing and measuring Food Provenance: where do the ingredients come from? From farm to fork Practical Cooking	Healthy Eating: introduction to the Eat well Guide Healthy Hydration Practical Cooking	Healthy Eating: introduction to the Eat well Guide Healthy Hydration Practical Cooking
Assessment	  	  	  	  	 	  


Students will be assessed on  writing  verbal feedback,  Practical work and cooking skills through a 'quick quizzes'.

Year 8

- Predominant focus on producing a varied selection of savoury main meals in line with curriculum guidance.

- To build on skills practised in year 7
- Theory - a focus on more detailed principles of nutrition including food labelling and how much sugar in dishes, ethical issues, digestion of food in the body, dietary needs and current issues in food. All pathways are encouraged to extend their written answers using Tier 3 vocabulary.
- Learning for Life Pathway: To carry out practical work with some LSA support, in small groups, peer support and teamwork activities

	Autumn Rotation 1	Autumn Rotation 2	Spring Rotation 1	Spring Rotation 2	Summer Rotation 1	Summer Rotation 2
Topic	Healthy Eating Personal Hygiene and Safety Practical Cooking Bread project	Healthy Eating Personal Hygiene and Safety Practical Cooking Bread project	How much Sugar? Practical Cooking Food Labelling	How much Sugar? Practical Cooking Food Labelling	Digestion Practical Cooking Seasonal food	Digestion Practical Cooking Seasonal food
Assessment	  	  	  	  	  	  

Students will be assessed on  writing combination of formal assessment and




verbal feedback, Practical work and cooking skills through a knowledge-based end of rotation 'quick quizzes'


Year 9

- Pathway A and B are encouraged to extend their written answers using Tier 3 vocabulary.
- Learning for Life Pathway: To carry out practical work with some support and in small groups.
- Adaptive teaching are applied to encourage all learners to achieve their potential: teacher modelling, practical work, project work, group work, teaching assistant support, reflection and evaluation, gapped worksheets, and use of some ready made components
- A theory focus on Pastry, energy balance and special diets

	Autumn Rotation 1	Autumn Rotation 2	Spring Rotation 1	Spring Rotation 2	Summer Rotation 1	Summer Rotation 2
Topic	Hygiene and safety Practical Cooking Sensory analysis Cakes	Hygiene and safety Practical Cooking Sensory analysis Cakes	Pastry Practical Cooking Energy Balance/Multi-cultural cooking	Pastry Practical Cooking Energy Balance/Multi-cultural cooking	Nutrition Practical Cooking Special diets	Nutrition Practical Cooking Special diets



Students will be assessed on  writing  verbal feedback, combination of formal assessment and knowledge-based end of rotation 'quick

 Practical work and cooking skills through a quizzes'.