

# Food Curriculum Intent

Department Philosophy: See Design and Technology

## By the end of Key Stage 3 our students will know:

1. Introduce and provide advice for a **healthy diet**
2. Explain the **government model of healthy eating** using the Eat well guide with a focus on eating mainly complex starchy foods and fruits and vegetables. Explore the risks of eating too much saturated fat and too much sugar
3. Investigate the **8 dietary guidelines**: Basing meals on starchy carbohydrates / reduce Saturated fat and increasing fruits and vegetables in practical dishes
4. Develop an understanding of **nutrients** through the function and source of fats proteins carbohydrates vitamins and minerals.
5. Knowledge of the **diet related health illnesses** such as type 2 diabetes, heart disease
6. Understand the **growth conditions for microorganisms** and high risk foods.
7. Apply the **food safety principles** when preparing, cooking and serving food.
8. Investigate the **use of microorganisms** in food production: such as yeast in bread making.
9. Explore the **various cooking methods**
10. Food science experiments using fats in pastry and raising agents in baked products
11. Explore the **factors which influence food choice**: culture / lifestyle / cost / convenience Impact of fast food on health
12. Secure **understanding of where and how ingredients are grown** with a focus on main food commodities such as cereal grains
13. **Primary / secondary processing of cereals**

## By the end of Key Stage 4 our students will know:

14. **Food Nutrition and Health**  
Fats protein, carbohydrates, vitamins and minerals. Nutritional needs for different groups. Energy needs and nutritional analysis. Planning meals for different dietary groups.
15. **Food Science**  
Why food is cooked and the methods of heat transfer. Cooking methods which are water based fat based and dry methods. Changing properties of proteins, fats and carbohydrates. The role of raising agents.
16. **Food safety**  
Food spoilage and knowing how to prepare food safely. Specific food poisoning bacteria. Use of microorganisms in food production.
17. **Food choice**  
Influences on food choice. Cultural religious and moral food choices. Influences of food marketing. Knowledge of international and British cuisine. Different sensory testing methods used to evaluate food.
18. **Food Provenance**  
How food is grown and the use of GM crops. How food is reared and caught. The impact of food waste and packaging on the environment. The impact on our carbon footprint of food miles. Global food production. The primary, secondary and manufacturing processes of food. Food fortification and modification.
19. **Food preparation skills.**  
Knife skills, preparing fruits and vegetables, use of the cooker and cooking methods. Use of equipment. Preparing, combining and shaping foods. Sauce making, tenderising, marinating foods. Dough making for the right product. Use of different raising agents and ability to set mixtures.