

Module/Unit of Learning	Taught During	What will students learn?	How does this help to build a broad and strong foundation?	Links to other Subjects
The Importance of Healthy Eating	Autumn Term	Students will develop an increased ability to evaluate the food they make this year showing more of an awareness of the skills they have used and adaptations they can make. They will learn to adapt food to improve its nutritional content and ways to improve overall health and reduce the chance of obesity, including what it is and the causes of obesity at different age groups. Students will learn to use this knowledge to plan, adapt and make recipe ideas that offer healthy food options.	Knowing how to live a healthy lifestyle is a fundamental skill. This learning will expand on previous knowledge of the Eatwell Guide to increase students' awareness of how to design and prepare healthy meals so that they have an increasing repertoire from which to draw upon.	Science – nutrients CLASS – Healthy Lifestyles
Functions of flour,, food allergies and food poisoning	Spring Term	Students will also learn about the functions of flour in recipes and how it is used to create a variety of different dishes. Students will learn about different allergies and be able to adapt recipes to cater for each need. To finish this term, students will learn about food poisoning and high risk foods. Learning about how to keep themselves and others safe whilst cooking and sorting food. Alongside this, students will continue to learn about kitchen practices, including how to avoid cross-contamination, bridge and claw cutting methods, They will also learn how to prepare and cook raw meat/poultry, how to test with a probe..	As students develop their understanding of food and its properties, they are expanding their repertoire of ingredients and methods, and an awareness of how other people choose to eat and why. This strong foundation will encourage students to make more informed choices about their food.	Science – nutrients CLASS – Healthy Lifestyles GEOGRPAHY – food production
Food storage and food miles	Summer Term	Students will learn about where foods come from and the carbon emissions from food miles. Students will learn where foods come from and how to make better choices in sourcing foods., Students will learn about eh correct ways of cooking and sorting foods that become high risk when cooked e.g. rice. They will also be using seasonal foods to make dishes and begin to make choices by choosing and making their own sauces for their meal.	Students are continuing to develop their understanding of the food around them where food comes from. Students are encouraged to be informed choices and food preparation and consumption.	Science – nutrients, carbon emissions CLASS – Healthy Lifestyles GEOGRAPHY – food miles and farming methods