



SHIRLEY HIGH SCHOOL PERFORMING ARTS COLLEGE

Our Vision:

To develop aspirational learners who strive for excellence academically, creatively and culturally, benefitting from a wide range of opportunities led by inspirational educators.

FOOD PREPARATION AND NUTRITION DEPARTMENT

Intent of the curriculum:

The Food Preparation and Nutrition curriculum at Shirley High School aims to teach students to cook nutritious food and apply the principles of nutrition and healthy eating, all whilst instilling a love of cooking that will open the door to one of the great expressions of human creativity. Learning to cook is a crucial life skill that enables students to feed themselves and others affordably and healthily, both now and in later life.

The primary aim of the Food Preparation and Nutrition curriculum is to develop **healthy individuals** who:

- understand and can apply the principles of nutrition and health
- understand how nutritional needs vary depending on age and health conditions
- understand the source, seasonality and characteristics of a broad range of ingredients
- can create a repertoire of predominantly savoury dishes as part of a healthy and varied affordable diet

The Food Preparation and Nutrition department also aims to develop **caring individuals** who:

- make a positive contribution to the community
- understand the economic, environmental, ethical, religious and socio-cultural influences on food availability, production processes, and diet and health choices
- understand how food contributes to various religious and spiritual events and celebrations
- appreciate a range of ingredients and processes from different culinary traditions.

We strive to develop **successful individuals**, who can:

- achieve excellent outcomes in a creative and innovative way.
- demonstrate knowledge of functional chemical and nutritional properties, the sensory qualities and the microbiological considerations leading to food preparation
- critique, evaluate and test food and the food of others.
- apply the cross-curricular principles of nutrition and healthy eating and connect their learning to life beyond the classroom.

Implementation:

All students who study Food Preparation and Nutrition will participate in lessons that ensure they:

- develop an understanding of energy, nutrients, water and fibre, diet and health and nutritional needs throughout life.
- understand issues around nutrition and physical, intellectual wellbeing.
- are encouraged to use a wide range of ingredients to make healthy, nutritious, predominantly savoury dishes for their families, in line with the principles of The Eatwell Guide.
- are encouraged to use ingredients which may appear to be beyond shelf life but are still usable in sauces and soups, in order to make healthy nutritious dishes and reduce food waste in the home.
- consider the environmental and economic benefit of buying locally.
- reuse food packaging when appropriate to reduce wider waste.
- think about the impact of food waste on the environment, to consider the effects on our local and global community.
- have a sense of pride and self-fulfilment in their work.
- know how their food is transported, developing an understanding of 'Food Miles' and the impact food transportation has on our local and global community.
- use recipes to develop cooking skills which can be adapted to suit personal tastes, family dietary/religious needs.



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Students at KS4 will participate in lessons that will ensure they:

- are challenged to consider how to make several healthy nutritious dishes from one ingredient. For example, deboning a chicken to make several dishes.
- are encouraged to use fresh, seasonal, local ingredients where possible to make healthy nutritious dishes.
- consider 'Food Provenance' and 'Food Origins' to include where and how foods are grown, reared, or caught and what is 'Fairtrade' and 'Organic' when purchasing foods.
- learn and develop an understanding about food safety, including the preparation and safe storage of food, and sound microbiological food safety principles when buying, storing, and preparing food and how to use equipment safely; health and safety at work.
- are encouraged to be more creative; showing their understanding of individuals with specific dietary needs through planning their recipes, demonstrating increasingly complex skills and evaluating their dishes according to the needs of the target group.
- learn about, and develop an understanding of, individuals with specific lifestyle needs, including vegetarians: lacto-ovo, lacto, vegans, and those with religious beliefs that affect choice of diet, including Sikhs, Hindus, Muslim, Jewish
- consider the effects of food poverty and how this causes malnutrition and will assess why there has been a rise in food banks in the UK providing assistance to people facing hardship.

The Food Preparation and Nutrition curriculum develops cultural capital through key skills workshops, food provider visits, and competitions. Homework helps to extend and enrich students' understanding of key concepts and provides opportunities to identify and challenge misconceptions. Student practical work is teacher, self and peer assessed and students are given regular opportunities to review and act on teacher feedback in line with school policy, thus improving their understanding and application of skills. Examples of excellent work will be displayed in the department and rewarded through house points.

The department provides opportunities for students to engage further and develop skills with food preparation across the school with challenges such as the 'Inter House Bake Off' and Christmas cooking competitions. We encourage other subjects in school to promote opportunities for students to engage further and develop skills in food with food preparation related lessons and homework activities. We offer opportunities for students to represent the school in the local community, for example participating in the annual local authority 'Market Day', the 'Grow your Onions' initiative and industry competitions such as 'Future Chef'.

The Food Preparation and Nutrition department maintains the school garden and, with the support of the school Catering Manager, runs a weekly gardening club, helping students to develop their understanding of food provenance and the value of growing their own produce. Food Preparation and Nutrition students also visit the garden and select herbs and other produce to enhance their dishes. Produce from the garden is regularly used in the school kitchen and in Food Preparation and Nutrition lessons, as well as being shared with families and staff. Students who participate in the gardening club regularly visit the local care home and work in their garden, thus supporting their personal development and enabling them to understand the importance, and the sense of satisfaction, volunteering can provide. The gardening club allows students to experience first-hand the mental health benefits and personal satisfaction these experiences can provide.

Food Preparation and Nutrition lessons and extra-curricular opportunities promote aspirational career opportunities within the sector. Displays highlighting exciting careers and career opportunities are visible around the department and potential careers are promoted at options evening and open evenings. We invite employers to visit the department to run active and aspirational engaging cooking and theory-based



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workshops for example employers from the 'Fish Hero Programme', 'Taste of Game' initiative and professional chefs. Where appropriate students are given the chance to visit a range of establishments to engage with employers about food preparation and nutrition opportunities. This exposure to aspirational individuals helps support the academic progression of all students.

Impact:

- Food Preparation and Nutrition students will be equipped with skills and knowledge for their future lives, as food preparation and nutrition is a key life skill regardless of their choice of career.
- Regular knowledge retrieval, feedback, half termly assessments and internal tracking will result in solid academic outcomes for all students, enabling them to progress to future study in the subject should they choose to.
- Students will have thoroughly enjoyed learning about food and be enthused to continue to cook in their everyday lives, both as young people and as adults.
- Students will leave school with an increased understanding of the role food plays in the current climate they are living in.
- Students will have had the opportunity to participate in extra-curricular opportunities with clear links to aspirational careers.

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We want all at SHS to believe in and maintain the values of our school:

