

## Intent:

- To understand and apply the principles of nutrition and health (NC).
- To provide a foundation of knowledge pupils can continue to develop at their next educational level.
- To provide valuable life skills that are fundamental to pupils' independence.

Term	Week/s	Topic/Theme <i>Key vocabulary including Tier 3 subject specific words</i>	Learning Objective/s Knowledge and Skills To know, to use, to apply...	Links to: Literacy, Numeracy, SMSC, Gatsby Benchmarks
<b>Spring (2)</b> 6 Weeks	1-3	Reading and interpreting food labels <i>Packaging, symbols, allergens, nutrition, protein, timings, symptoms</i>	<b>Learning Objectives</b> To recognise and interpret symbols on packaging. To be able to find food allergens and check for allergies. To read, interpret and follow cooking instructions. To recognise nutritional/protein information and link that to a healthy lifestyle. To understand the importance of allergens and know the symptoms of some food allergies.	<b>Literacy:</b> Infer information. <b>Numeracy:</b> Logical reasoning. <b>SMSC:</b> Understanding other people's needs.
	3-6	Careers/ volunteer work in cooking <i>Career, industry, skills, application, interview, experience, research</i>	<b>Learning Objectives</b> To gain awareness of career options in the food industry (supermarkets, food outlets, volunteer work, school kitchens, etc.). To be able to research job adverts and gain an understanding of how to apply for jobs. To understand the skills required for a career in cooking. Being able to search for a job. Understand qualifications/experience needed for cooking. Job interview skills and possible questions.	<b>Literacy:</b> Ask questions Answer questions. <b>Numeracy:</b> Trial and improvement. <b>SMSC:</b> Enjoy learning about the world around them. <b>Gatsby Benchmark: 4</b>
<b>Summer (1)</b> 5 Weeks	1-5	Using own produce <i>Home grown, produce, season, instructions, shipped</i>	<b>Learning Objectives</b> To use home grown produce to create food dishes. To research recipes and decide on ingredients needed to make the dish. To understand the requirements needed to grow fruit and vegetables (seasons, water, sunlight, etc.) To visit Stone Hill allotment, select and pick ingredients to make in school. To understand and care for growing fruit and vegetables. To know what fruit and vegetables can grow in the UK and what needs to be shipped in.	<b>Literacy:</b> Infer information Research. <b>Numeracy:</b> Estimate and measure capacity. <b>SMSC:</b> Reflect on own success.
<b>Summer (2)</b> 7 Weeks	1-3	Leading, planning and delivering <i>Delivery, methods, demonstration, plan, lead, timings</i>	<b>Learning Objectives</b> To plan a food technology session for a lower school class. To understand the delivery process and ensure all children's needs are met. To gain an understanding of how to order ingredients in school and use them for a cooking session. To understand the importance of timings in a lesson. To build confidence and carry out a demonstration.	<b>Literacy:</b> Speak coherently, take part in discussion. <b>Numeracy:</b> Estimate time. <b>SMSC:</b> Enjoy learning about themselves. <b>Gatsby Benchmark: 3</b>

			To be able to provide pupils with facts about food and answer skills based questions.	
	4-7	Supermarket shopping Budget, spending, tracking	<p><b>Learning Objectives</b></p> <p>To write a shopping list.</p> <p>To understand where certain foods are kept in a supermarket (e.g. yoghurts in a fridge).</p> <p>To be able to budget and pay for food in a supermarket (keep track of spending).</p> <p>To gain an understanding of online shopping.</p> <p>To understand the routine, structure and layout of a supermarket.</p>	<p><b>Literacy:</b> Write with support and independently.</p> <p><b>Numeracy:</b> Budgeting for a food shop.</p> <p><b>SMSC:</b> To learn about the world around them.</p>

**Intended impact:**  
*Explain how the above will ensure pupils are ready for their future:*  
 To instil a level of care and understanding when using equipment and utensils.  
 To provide pupils with understanding and knowledge of cooking basic meals and become self-sufficient in the future.  
 To have an understanding of money and supermarkets to promote their independence for the future.  
 To provide basic life skills that they can continue to develop and use throughout their whole lives.

