

The food department aim to promote a positive and sustainable experience of nutrition and health through the development of knowledge, skills and creativity for not just students but staff and the wider community.

The food department offer students the opportunity to develop their curiosity, knowledge and understanding of food preparation and nutrition. Students will become confident adults with a sound understanding of ways to lead a healthy lifestyle as well as aware of current diet related health issues within society. Food also provides students with a sense of achievement as they are able to experiment with food by designing and creating their own meals; they are also able to modify dishes to meet the needs of people with special dietary needs.. The practical and theoretical skills learners will acquire throughout the curriculum will empower them to work confidently, independently and develop valuable life skills.

## TLS Food & Nutrition Curriculum



Dietician / Food Scientists Nutritional therapist Chef/Hospitality Exam preparation University

Apprenticeship

The science behind

your ingredients

understanding of Food, nutrition and health and

functional and chemical

analysis through

challenges.

Complexity

-Students should be able -Assure quality of

Advance techniques

internet web sites, magazines

Understanding your diet

-Evaluate fitness for

Nutrients and the body

relationship between human body different situations affect nutritional

Food safety - Understand the

-Learners should

chemical terms and models.

#### **Individual needs**

methods of

-Understanding and -Understanding the

## **International Cuisine**

-Students become familiar with the NEA task Students demonstrate their knowledge and understanding of the factors which influence food choice, labelling and marketing influences, different cuisine and sensory evaluation.

-Students demonstrate their knowledge and sustainability of food, food processing and production and technological development associated with food

# Year

#### Time to shine

Year 11 course including: Food task/final exam.

contamination and to be able to follow the relevant precautions and practices

#### Last chance

-Students understand how to go choose dishes that show a variety of technical skills.

-Students understanding food labelling/packaging and technological developments.

-Understand effective revision



Revision

## Festival food

-Pupils will build and apply an expanding repertoire of knowledge. understanding and skills in order to create and make high quality dishes

-Pupils will evaluate and test their make recommendations for improvements

#### Food Provenance

-Pupils will extend their knowledge

drink choice.

needed to perform everyday tasks

#### Cooking for health

-Students will extend their food, diet and health and apply this to making dishes for specific hygienic way.

#### Street food

technical and practical expertise confidently.

repertoire of knowledge, dishes for a wide range of people.

#### **Food Provenance**

-Pupils will deepen their knowledge food provenance

-Pupils will further develop

food and drink choice.

Students will use a variety of ingredients from

#### **Healthy Eating**

understanding of ingredients and healthy

simple dishes.

principles of food hygiene and safety. equipment used in food preparation, their

#### Getting to know your Food

-Students will develop their knowledge of consumer food and drink choice.

-They will apply their knowledge to make informed choices.

-Students will develop their knowledge food provenance.

### Planning meals for specific groups

-Students will apply their knowledge to make informed

-Students will develop the creative, technical and practical expertise needed to perform everyday tasks

-Students will build and apply a repertoire of knowledge, understanding and skills in order to create -Students will evaluate and test their ideas and the work of others.

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#### You are what you eat

-Students will further develop and demonstrate the

function of tools and equipment.

variety of skills that are healthy as well as modify