



# 'Teach a child how to cook, and they'll be able to nourish themselves and others for a lifetime'

(Jamie Oliver)

## Introduction and Intent

Jamie Oliver began his culinary career at age eight and is now a world renowned chef. Despite his success, Jamie Oliver has dyslexia, a learning disorder that affects reading and writing skills. In addition to being a chef, Jamie Oliver is a prominent activist for healthy eating, a key life-skill for all young people. At The Forest School, healthy eating is embedded from the Early Years Foundation Stage through Sensory Food Education, then throughout following school years via Woodland Adventure. Here, pupils gain practical knowledge of where their food originates, alongside knowledge acquisition and exploratory classroom learning in Wider World, Personal Social Health and Economic Education and their Independent and Futures lessons. In Key Stage 3, pupils have timetabled, explicit weekly Food Technology sessions. They will become competent in a range of cooking techniques by creating a repertoire of predominantly savoury dishes so that they are able to feed themselves, and others, a healthy and varied diet. Pupils will develop understanding and ability to apply the principles of nutrition and health, including source and seasonality. In Key Stage 4, pupils will continue to develop their previously learned key cooking skills through broad culinary topics that link to enterprise projects and have the opportunity to gain AQA certification in Health and Hygiene Routines in the Food Technology Room and Food Handling, Preparation and Storage.

The National Curriculum aims to ensure that all pupils:

- *understand and apply the principles of nutrition and learn how to cook.*

Learning how to cook is a crucial life-skill that enables pupils to feed themselves and others affordably and well, now and in later life.



### **EYFS (Nursery and Reception) Curriculum**

<https://help-for-early-years-providers.education.gov.uk/get-help-to-improve-your-practice/sensory-food-education>

### **Key Stage 1 (Year 1 and Year 2) Curriculum**

<https://www.foodafactoflife.org.uk/5-7-years/>

<b>National Curriculum</b>	<b>Implementation</b>
<i>Use the basic principles of a healthy and varied diet to prepare dishes.</i>	Independence & Futures - Healthy Lifestyles PSHE - Healthy Me
<i>Understand where food comes from.</i>	Wider World - Science Woodland Adventure

### **Key Stage 2 (Year 3, Year 4, Year 5 and Year 6) Curriculum**

<https://www.foodafactoflife.org.uk/7-11-years/>

<b>National Curriculum</b>	<b>Implementation</b>
<i>Understand and apply the basic principles of a healthy varied diet.</i>	PSHE - Healthy Me Wider World - Science
<i>Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.</i>	Independence & Futures - Healthy Lifestyles PSHE - Healthy Me
<i>Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.</i>	Wider World - Science Woodland Adventure



**Key Stage 3 (Year 7, Year 8 and Year 9) Curriculum**

<https://www.foodafactoflife.org.uk/11-14-years/>

**National Curriculum**

*Understand and apply the principles of nutrition and health.*

*Cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet.*

*Become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes].*

*Understand the source, seasonality and characteristics of a broad range of ingredients.*

**Implementation KS3 Recipes**

<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<p><u>Hygiene and Safety</u> <a href="https://www.foodafactoflife.org.uk/11-14-years/cooking-11-14-years/hygiene-and-safety-11-14-years/">https://www.foodafactoflife.org.uk/11-14-years/cooking-11-14-years/hygiene-and-safety-11-14-years/</a></p> <p>FT Exploration</p> <p>Bacteria</p> <p>Knife Skills</p>	<p><u>Cooking</u> <a href="https://www.foodafactoflife.org.uk/11-14-years/cooking-11-14-years/">https://www.foodafactoflife.org.uk/11-14-years/cooking-11-14-years/</a></p> <p>Planning</p> <p>Ingredients</p> <p>Equipment</p>	<p><u>Food Commodities</u> <a href="https://www.foodafactoflife.org.uk/11-14-years/food-commodities-11-14-years/">https://www.foodafactoflife.org.uk/11-14-years/food-commodities-11-14-years/</a></p> <p>Seasonality</p> <p>Seasoning</p> <p>Sources</p>	<p><u>Where Food Comes From</u> <a href="https://www.foodafactoflife.org.uk/11-14-years/where-food-comes-from-11-14-years/">https://www.foodafactoflife.org.uk/11-14-years/where-food-comes-from-11-14-years/</a></p> <p>Productions / Processing</p> <p>Availability</p>	<p><u>Healthy Eating</u> <a href="https://www.foodafactoflife.org.uk/11-14-years/healthy-eating-11-14-years/">https://www.foodafactoflife.org.uk/11-14-years/healthy-eating-11-14-years/</a></p> <p>Diet / Health</p> <p>Nutrition Labels</p> <p>Digestion</p>	<p><u>Nutritional Analysis</u> <a href="https://www.foodafactoflife.org.uk/11-14-years/nutritional-analysis-11-14-years/">https://www.foodafactoflife.org.uk/11-14-years/nutritional-analysis-11-14-years/</a></p> <p>Allergies</p> <p>Modification</p> <p>End of Year Party!</p>



**Key Stage 4 (Year 10 and Year 11) Curriculum**

<https://www.foodafactoflife.org.uk/14-16-years/>

Year 10	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>92471 HEALTH AND HYGIENE ROUTINES IN THE FOOD TECHNOLOGY ROOM</b>  <a href="https://www.aqa.org.uk/programmes/unit-award-scheme/unit-details?unit=92471">https://www.aqa.org.uk/programmes/unit-award-scheme/unit-details?unit=92471</a>            1.Wash hands using soap and towel to dry. / 2.Put apron on. / 8.Show knowledge of the meaning of the terms health and hygiene.</p>						
<b>Certification</b>	<p>5.Use a knife safely to cut, chop and slice vegetables.</p> <p>4.Wash and dry utensils appropriately.</p> <p>3.Wipe a surface using a suitable cloth.</p>	<p>6.Use a gas or electric oven safely.</p> <p>7.Handle hot objects safely.</p> <p>4.Wash and dry utensils appropriately.</p> <p>3.Wipe a surface using a suitable cloth.</p>	<p>5.Use a knife safely to cut, chop and slice vegetables.</p> <p>4.Wash and dry utensils appropriately.</p> <p>3.Wipe a surface using a suitable cloth.</p>	<p>6.Use a gas or electric grill safely.</p> <p>7.Handle hot objects safely.</p> <p>4.Wash and dry utensils appropriately.</p> <p>3.Wipe a surface using a suitable cloth.</p>	<p>5.Use a knife safely to cut, chop and slice vegetables.</p> <p>4.Wash and dry utensils appropriately.</p> <p>3.Wipe a surface using a suitable cloth.</p>	<p>6.Use a gas or electric hob safely.</p> <p>7.Handle hot objects safely.</p> <p>4.Wash and dry utensils appropriately.</p> <p>3.Wipe a surface using a suitable cloth.</p>
<b>Implementation</b>	<p><u>Seasonal Cooking</u>            *Vegetable Soup            *Potato and Leek            *Berry Pie            *Berry Smoothie            *Pasta Sauce</p> <p>Staff tasting station, compare to shop bought.</p>	<p><u>Christmas Baking</u>            *Christmas Muffins            *Christmas Cookies            *Pastry Trees            *Christmas Caterpillar            *Mini Fruit Cake</p> <p>Christmas Fair</p>	<p><u>Food from around the World</u>            *Vegetable Curry            *Chili            *Spaghetti Bolognese            *Stir-fry            *Sunday Dinner</p> <p>Buffet</p>	<p><u>Street Food</u>            *Burgers            *Halloumi Skewers            *Grilled Cheese            *Sweetcorn            *Kebab</p> <p>KS3 tasting.</p>	<p><u>Picnic / Salads</u>            *Caesar Salad            *Cous-cous Salad            *Pasta Salad            *Salad Wrap            *Potato Salad</p> <p>Class Picnic</p>	<p><u>Egg-vestigation!</u>            *Boiled - sandwich, cress.            *Fried - breakfast.            *Scrambled - toast, avocado.            *Poach - benedict            *Omelette</p> <p>Breakfast cafe for parents.</p>



Year 11	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>10902 FOOD TECHNOLOGY: FOOD HANDLING, PREPARATION AND STORAGE</b> <a href="https://www.aqa.org.uk/programmes/unit-award-scheme/unit-details?unit=10902">https://www.aqa.org.uk/programmes/unit-award-scheme/unit-details?unit=10902</a>						
<b>Certification</b>	<p>1. Express in diagrammatic form the temperatures at which food is at risk of spoiling.</p>	<p>4. Show knowledge of the three contributory factors to food poisoning.</p>	<p>3. Prepare a food dish that is suitable for home freezing.</p>	<p>2. Apply safe handling techniques at all stages from raw material to product.</p>	<p>5. Show knowledge of the steps necessary to ensure the safe and hygienic handling and storage of two categories of food.</p>	<p>6. Show knowledge of the correct storage of food in a domestic refrigerator.</p>
<b>Implementation</b>	<p>Experiments!  <a href="https://www.foodafactoflife.org.uk/14-16-years/food-science-14-16-years/experiments-and-investigations/">https://www.foodafactoflife.org.uk/14-16-years/food-science-14-16-years/experiments-and-investigations/</a></p> <p>Show for KS3.</p>	<p>Jam Plan  <a href="https://www.thekitchen.com/how-to-make-easy-no-cook-freezer-jam-247213">https://www.thekitchen.com/how-to-make-easy-no-cook-freezer-jam-247213</a>            Chutney Challenges  <a href="https://www.bbcgoodfood.com/recipes/no-cook-spiced-apple-chutney">https://www.bbcgoodfood.com/recipes/no-cook-spiced-apple-chutney</a>            Pickled Pickles  <a href="https://www.foodafactoflife.org.uk/14-16-years/cooking-14-16-years/food-safety-14-16-years/">https://www.foodafactoflife.org.uk/14-16-years/cooking-14-16-years/food-safety-14-16-years/</a></p> <p>Enterprise Project, for Christmas Fair</p>	<p>Costing recipes, and preparing on a budget.  <a href="https://www.foodafactoflife.org.uk/14-16-years/cooking-14-16-years/cooking-resources-14-16-years/#costing">https://www.foodafactoflife.org.uk/14-16-years/cooking-14-16-years/cooking-resources-14-16-years/#costing</a></p> <p>Staff to taste and give a rating.</p>	<p>Staff scone shop.  <a href="https://www.foodafactoflife.org.uk/14-16-years/healthy-eating-14-16-years/">https://www.foodafactoflife.org.uk/14-16-years/healthy-eating-14-16-years/</a></p> <p>Enterprise Project</p>	<p>Reading labels and preparing food correctly.  <a href="https://www.foodafactoflife.org.uk/14-16-years/consumer-awareness-14-16-years/">https://www.foodafactoflife.org.uk/14-16-years/consumer-awareness-14-16-years/</a></p> <p>Parent Picnic</p>	<p>Party Food!  <a href="https://www.foodafactoflife.org.uk/14-16-years/cooking-resources-14-16-years/#pres">https://www.foodafactoflife.org.uk/14-16-years/cooking-resources-14-16-years/#pres</a></p> <p>End of year celebration!</p>