



# Food and Catering Curriculum Philosophy



**"Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime" (Anne Isabella Thackeray Ritchie 1885)**

At Biddick Academy we aim to provide an ambitious, informative and explorative experience into the world of food and nutrition via a systematic approach of practical and theory based learning activities. Well-structured lessons are built around the Academy's 4 core values to promote curiosity and develop resilience within our young learners. The goal we are aiming to achieve is; for students to have extensive knowledge to make informed healthy choices regarding their diet, the dynamic skills to produce a repertoire of predominantly savoury dishes and the comprehensive understanding of the profound relationship between diet and their health/well being.

In a society where obesity is a rising epidemic, it is more important than ever to educate our children so they can make informed food choices. The World Health Organisation states that in 2016, over 340 million children and adolescents aged 5-19 were overweight or obese, more than 1.9 billion adults were overweight (and of these, over 650 million were obese) and what makes this even more alarming, is that it is a preventable life threatening condition. Conversely, there are now approximately 2,000 food banks across the UK with the Trussell Trust accounting for around 1,200 of them. The number of people accessing the services provided by foodbanks has significantly risen by 73% over the last five years alone (BBC, 2019).

With this in mind, it is imperative that we equip our students with the knowledge (of ingredients e.g. staple foods), skills (to cook with these ingredients in order to make a substantial meal) and the understanding (that cooking wholesome meals from ingredients is not only more cost effective and a healthier choice but also the beneficial impact this has on our environment) in comparison with opting for convenience/take away foods.

Cooking and Nutrition as well as Hospitality and Catering courses are delivered by specialist teachers who are passionate and knowledgeable in their field. The faculty offer the WJEC Level 1/2 Hospitality and Catering course which comprises of two units. Lesson content across year groups will be re-visited and revised via flashback and memory recall tasks and cumulative assessment in order to consolidate knowledge, synthesise information, discover larger concepts and improve retrieval of information. We will provide a safe and inclusive environment where all students can thrive and build confidence in order to unleash their talents and potential within cooking and nutrition. The broad curriculum within KS3 will also encompass life skills (such as cooking, cleaning, personal hygiene and safety), British values, as well as Social, Moral, Spiritual and Cultural factors whilst simultaneously igniting a love of learning. Regular and sustained cumulative assessment will allow staff to pick up on any common misconceptions and provide regular, clear and direct feedback in order to address them. This, in addition to quality teaching will allow all (subgroup) learners to make exceptional progress that exceed minimum expectations and prepare them for future learning endeavours and/or employment.

From studying the KS3 curriculum, students will have acquired the knowledge, skills and understanding to cook healthy, substantial meals confidently for themselves and others. They will be able to make informed food choices in line with healthy eating guidelines and appreciate the importance of doing so to improve their wellbeing. Learners will gain life skills such as weighing, measuring, cooking, cleaning and being able to interpret nutritional statistics/labelling on food packages. From studying the KS4 curriculum, students will understand how one of the biggest employment sectors operate and will understand what qualifications, training and personal attributes are required within a wide range of job roles. Practical lessons will allow students to attain a variety of transferable life skills such as problem-solving, logical thinking, resilience and independence. The vocational nature of the course empowers students to apply their knowledge, skills and strategies to real-life situations and professional contexts. Students will make excellent progress, become more confident and acquire essential life skills that will allow them to thrive in their next steps within further education, employment or training.