

The Bishop of Winchester Academy Curriculum Plan – Food



The **Food** curriculum at The Bishop of Winchester Academy has been designed with the key aim of enabling students to live life to the full. Through the acquisition of knowledge and the practised application of skill, students can have the courage to be wise and make intelligent, informed decisions.

Our knowledge-based curriculum is ambitious in its breadth and depth, offering challenge to learners irrespective of their background. Through setting high expectations and accepting no excuses for all, we counter social disadvantage and bolster aspirations. Students are nurtured and supported throughout their journey at The Bishop, and explore ways to develop their awareness, collaboration, creativity, empathy, independence and resilience, collectively referred to as our LApps (Learning Applications).

Year 7	Michaelmas (M1)	Michaelmas (M2)	Lent (L1)	Lent (L2)	Pentecost (P1)	Pentecost (P2)
Disciplinary Knowledge	Introduction to food Chef preparation Kitchen safety	Introduction to food The Eatwell guide A healthy balanced diet	Food Safety Understanding bacteria Bacteria and our health Cross contamination	Origin and Fairtrade Seasonality Food miles Organic farming	Food provenance How food is grown, reared & caught	Food choice Culture Heritage Allergies
Disciplinary Skills	Washing hands effectively Washing up	Knife skills The rubbing in method Melting	Using coloured chopping boards correctly Food storage Kneading	Grilling Frying	Pastry Baking Oven safety	Adapting a recipe to suit the needs of others
Personal Development	Healthy Eating Health and Safety	LApp: Resilience	Personal hygiene	Environmental impact Pollution	LApp: Awareness	BV: Tolerance and Respect LApp: Empathy
Future Pathways	Sous chef Kitchen porter	Quality assurance manager	Environmental health officer	Purchasing manager	Butcher	Food blogger



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Year 8	Michaelmas (M1)	Michaelmas (M2)	Lent (L1)	Lent (L2)	Pentecost (P1)	Pentecost (P2)
Disciplinary Knowledge	Age and Nutrition Nutrition and health Cooking methods Hidden ingredients	Food trends Fashionable foods Cultural influences Catering industry	Sugar Health & wellbeing Sugar alternatives	Hospitality and Catering industry Roles and responsibilities Structure of the industry	Adapting recipes Alternative ingredients Understanding dietary choice	Designing a menu Needs of a customer Budget and costing
Disciplinary Skills	Measuring ingredients (e.g. tsp, tbsp, ml, g, kg)	Melting Frying	Substituting ingredients accurately Boiling	Boiling Simmering	Preparing meat Handling meat Cooking meat	Marinating Grilling
Personal Development	Healthy eating LApp: Empathy	LApp: Creativity	Obesity Sugar tax LApp: Awareness	LApp: Resilience	BV: Tolerance LApp: Awareness	BV: Rule of Law LApp: Creativity
Future Pathways	Nutritionist Dietitian	Food technologist	Baker	Hotel manager	Product development Research scientist	Head chef



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Year 9	Students will learn the below during the term in which they study Food (Michaelmas, Lent or Pentecost).
Disciplinary Knowledge	<p style="text-align: center;">Nutrition and Life</p> <p style="text-align: center;">Understanding the needs of different people (e.g. babies, children, teenagers, adults, elderly) The importance of budgeting Developing a menu Hospitality & Catering</p>
Disciplinary Skills	<p style="text-align: center;">Pastry making (shortcrust, filo) Whisking method Creative presentation techniques Bread (kneading, baking)</p>
Personal Development	<p style="text-align: center;">Lapp: Independence Budgeting TBOWA 200: Rick Stein</p>
Future Pathways	<p style="text-align: center;">Sous chef Baker Menu designer</p>



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Year 10	Michaelmas	Lent	Pentecost
Disciplinary Knowledge	<p>Practical workshops Understanding skills used in industry Creating a recipe</p>	<p>Hospitality and Catering in action Structure of the industry How professional kitchens operate Food safety legislation</p>	<p>Personal Project Designing a menu to suit a client's needs How to conduct research</p>
Disciplinary Skills	<p>Deboning chicken Filleting fish Spun sugar Pastry and dough</p>	<p>Analysis of a kitchen Conducting a health and safety review Risk assessments Presenting dishes professionally</p>	<p>Conducting and interpreting research data Developing a menu through trialling the design of dishes Adapting recipes</p>
Personal Development	<p>LApp: Resilience TBOWA 200: Rick Stein</p>	<p>LApp: Awareness BV: Rule of Law</p>	<p>TBOWA 200: Raymond Blanc</p>
Future Pathways	<p>Food critic</p>	<p>Health and safety consultant</p>	<p>Menu designer Executive Head chef</p>



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Year 11	Michaelmas	Lent and Pentecost
Disciplinary Knowledge	<p>Personal Project Designing a menu to suit a client's needs How to conduct research</p>	<p>Developing a final menu Understanding the importance of an action plan for cooking</p>
Disciplinary Skills	<p>Interpreting research data Developing a menu by trialling the design of dishes Adapting recipes</p>	<p>Creating an action plan Cooking a 2-course menu for a chosen customer Presenting dishes</p>
Personal Development	<p>Time management Healthy eating</p>	<p>LApp: Independence TBOWA 200: Raymond Blanc</p>
Future Pathways	<p>Restaurant manager</p>	<p>Marketing manager</p>

