

**ABC** Links to literacy  
We are able to use a wide range of sensory language and technical terms to effectively describe analyse, and make recommendations for the correct amount of nutrients in a given diet.

**AUTUMN -1 and 2**  
Topic name Nutrients

**Why study this topic?**  
Students will learn how to make an accurate nutritional analysis as well as learn about the nutritional values in international cuisines. Students will enjoy making a choice and range international foods and analyse it against current food safety and nutritional standards.

**SUMMER – 1 and 2**  
Topic name: **Nutrients for those with special diets**

**Why study this topic?**  
Students will learn how to create a healthy balanced diet that caters for the needs of people that require special diets e.g coeliac, diabetic, vegan etc. Students will be able to analyse and make recommendations where there are gaps in nutrition. Students will enjoy making a range of international foods and analyse them against the needs of someone with a special diet.

1

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**Subject Intent statement**  
Students love Food at OAE. Not only do they enjoy the practical and eating side of Food but we ensure that students also understand the importance having discussions, reasoning and writing evaluations. We want our students to have a full appreciation , including where food comes from, how to cook attractive, tasty and nutritional meals and how to do this this safely and competently.

**2**

**SPRING – 1 and 2**  
Topic name: **Nutrients for different groups of people**

**Why study this topic?**  
Students will learn how to create a healthy, balanced diet that caters for the nutritional needs of different groups of people including gender, culture, age, weight, etc. Students will be able to make recommendations where there are gaps in nutrition. Students will enjoy making a choice and range of international foods and analyse it against the needs of a particular group of people.

**123** Links to Numeracy  
In Food we develop numeracy through learning how to make accurate nutritional analysis by converting measures, adding more nutrition or subtracting unnecessary foods/portions that add little nutrition to a meal.