

How cultural capital is enhanced through Food Studies at Clare Mount

Personal Development

Recognising the importance of maintaining a healthy diet within a healthy lifestyle and cooking to enable learners to survive and thrive, including providing and cooking for others within their life. Identify the impacts of food costs in relation to seasonality, availability and affordability. Discuss employability skills for food industry careers and share career inspirations, routes of progressions, advice, guidance and the ability to have fun learning about food.

Social Development Cooking in lessons with live demonstrations, promoting discussions, adaptations and sharing of resources. Raising awareness of social etiquettes when cooking and eating across our multicultural community, including teaching of special diets, celebrations and festivals.

Physical Development

Establishing healthy routines and relationships with food to raise awareness of healthy eating habits, including hydration. Developing and refining gross and fine motor skills used in cooking techniques to enhance learner's cooking knowledge and repertoire of substance and filling recipes that can be used to sustain life.

Spiritual Development

Food does not just fuel the body; it also fuels the soul. Learners learn about the links between spiritual and physical health, including benefits of foods such as medicinal and health properties. This links to the teaching of special diets relating to religious and cultural festivals, celebrations and events.

Cultural Development

Exploring a wide range of cultural dishes and cuisines present within our immediate school community, as well as exploring worldwide cuisines and attitudes around food. Recognising that food symbolises a high degree of social intimacy and acceptance as food often has a social or ceremonial role across cultures.

Moral Development

Exploring the ethics, values, beliefs and morals that can arise from foods we choose to eat, how they are produced, prepared, cooked and served, including looking at vegan and vegetarian lifestyle choices. Identifying dilemmas that can be faced by the food industry such as carbon footprints, Fairtrade or organic produce, sustainability and the storage and transportation of foods across the world, including promoting local farmers by buying home grown produce.

How students' communication skills and vocabulary is developed through Food Studies

- Multisensory lessons help pupils to develop social skills in a relaxed friendly safe controlled environment
- Developing self-confidence and self-belief in the positive can do work zone where everyone feels safe to explore their learning capabilities and try new sensory experiences with carefully structured scaffolded individualised support which encourages and builds independent successes.

- Subject specific terminology is used when making food products and in description of practical outcomes to describe the sensory aspect of the dishes produced.
- Keywords shared at the beginning of each topic and extensive verbal questioning / assessments explored from KS3 with constant over learning to reinforce the secure acquisition knowledge in preparation for external exams from KS4 and beyond
- Key word/glossary of terms produced throughout GCSE course.