

# Independent Living

*"There is no substitute for good, homemade food, and it will always bring people together, this encapsulates the profound impact that food has on our lives and relationships."*

*Jamie Oliver*



## **Curriculum Intent**

Independent Living is taught to all KS3 and Year 10 students. This subject is very important for the students of Francis Barber as it helps them to develop their self confidence and self esteem, students are able to develop a product from scratch and create a tasty food that can be shared with their peers or taken home to be shared with their families. Students are taught theory relating to nutrition education and health and safety practices in the kitchen alongside practical making skills to ensure a rounded curriculum. Students learn a wide range of skills and knowledge and this develops their confidence to cook independently.

Students will cook a range of dishes, including those from different culinary traditions, preparing them for independent living later in life. Students will learn and demonstrate excellent hygiene and food safety when preparing, storing, cooking and serving food.

## **Assessment and Progress**

Students will be given regular verbal feedback within their practical lessons 'in the moment'. This allows students to act upon this feedback immediately for the maximum impact on progress.

Students will be assessed via written and practical assessments upon the different skills and knowledge learnt. This will be half-termly.

Year 10 pupils will be working towards a BTEC Award in Home Cooking Skills Level 1

## **Careers Link**

Hospitality & Catering roles, Baker, Prep Chef, Cake Decorator, Butcher, Pastry Chef Cook, Caterer, Entrepreneur, Restaurant Chef, Hotel roles, waiting staff, Food technology, Sports and Music venues, Dietician, Health advisors, Health Visitors, Dietician, Carers.

## **Trauma Informed Practice**

Young people have the opportunity to work with food as a medium which is something they are familiar with. It allows them to develop self confidence and self esteem. They can develop a sense of achievement by making a product from raw materials. They can share their successes with their families and can see how they can strengthen and please others

## Progression of knowledge and skills



### Independent Living Curriculum Map 23-24

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>KS3</b>	<p><b>Cooking Skills</b></p> <p>Independent Living Learning Checklist.docx</p> <p>A1 Biscuits A2 Soup</p>	<p><b>Cooking Skills</b></p> <p><b>Developing Basic baking skills</b></p>	<p><b>Cooking Skills</b></p> <p>Comparing and Contrasting homemade with ready mix products</p>	<p><b>Cooking Skills</b></p> <p>Independent Living Learning Checklist.docx</p> <p>Independent Living Learning Checklist.docx</p> <p>S1 Bread S2 Cake or Pasta</p>	<p><b>Cooking Skills</b></p> <p>SU1 Fruit Salad Pizza and Flapjack</p>	<p><b>Cooking Skills</b></p> <p>SU2 Bread Burgers, Swiss roll and chicken fajitas</p>
<b>Year 10</b>	<p><b>Cooking Skills</b></p> <p>Independent Living Learning Checklist.docx</p> <p>A1 Biscuits A2 Soup</p>	<p><b>Cooking Skills</b></p>	<p><b>Cooking Skills</b></p> <p>S1 Bread S2 Cake or Pasta</p>	<p><b>Cooking Skills</b></p>	<p><b>Cooking Skills</b></p> <p><a href="https://drive.google.com/drive/folders/1z9xsrmLzKag8THbEj4-FsPPN9mI9Z8JQ?usp=drive_link">https://drive.google.com/drive/folders/1z9xsrmLzKag8THbEj4-FsPPN9mI9Z8JQ?usp=drive_link</a></p> <p>SU 1 Chicken Chow Mein, Fajitas and mini fruit cakes</p>	<p><b>Cooking Skills</b></p> <p>To follow</p>

## Literacy in Independent Living

Literacy is promoted with the use of word banks, keywords and food terminologies. Pupils progress through work booklets. A range of written activities to support literacy are used such as Cloze exercises, keywords labelling of equipment and reading skills when breaking down the amount of calories, carbohydrates, fibre, protein, minerals and vitamins per serving of food.

## Numeracy in Independent Living

As part of the cross-curricular link in subjects, students are challenged to apply their mathematical knowledge in practical lessons when measuring, weighing, temperature reading, metric conversion, timing for food preparations and costing of ingredients.

## ICT in Independent Living

Students are encouraged to utilise their ICT skills by using Chromebooks in search of recipes, researching different countries' staple food and designing EatWell plates.

## Equality, Diversity and Inclusion in English, Fundamental British values (FBV) and Social, Moral, Spiritual and Cultural (SMSC)

**EDI** - Foods and recipes will reflect the wide range of cultures that the pupils have experience of and in some cases will be new to them. Aspects of food will discuss differing cultural norms.

**FBV** - All students have the freedom and liberty to modify any practical work to suit their own personal dietary requirements. Students are encouraged to show their individuality within the lesson. Sharing and mutual respect are reinforced throughout the work in this subject.

**SMSC** - Students are introduced to the cultural diversity of foods and eating habits worldwide. They also discuss ethical issues related to food production, such as fair trade and animal welfare.