



Longridge High School

Excellence and ambition from all, for all

CURRICULUM VISION

Our vision is to ensure and assure that all pupils achieve excellence in all that they do. At Longridge High School, we see each young person as unique, and we celebrate this individuality by ensuring that they:

- Are successful and ambitious learners who enjoy creative, dynamic, and reflective learning
- Are supported, challenged and equipped for the future.
- Develop as confident individuals who can live safe, healthy and fulfilling lives.
- Develop community values and take responsibility for themselves and others, making a positive contribution to society

CURRICULUM INTENT: FOOD AND NUTRITION

Our intent supports our vision through a broad, balanced, relevant and ambitious curriculum for all our pupils, which fosters an aspirational culture of high achievement. This curriculum has a foundation of equality, inclusivity and diversity. We aim to develop and deliver a coherent and well-sequenced curriculum, which widens the enrichment experiences and instils a love of cooking and opens a door to one of the greatest expressions of human creativity as learning how to cook is a crucial life skill for the cultural capital of young people.

We view the curriculum as the total of a pupil's experience of education with a clear focus on:

- Successfully designing, developing and adapting a curriculum that is based on the principles of the National Curriculum but sequenced and built to meet the needs of all pupils in school.
- Foster, develop and cultivate a passion for cooking as well as an understanding about the food we eat, where it comes from and how the nutrients in our food are vital for good health and a well-balanced diet.
- Learn and develop knowledge on how they can feed themselves and others and be confident in their ability to cook nutritious food.
- Embedding opportunities for pupils to know and remember more, in and across subject areas. In Food and Nutrition pupils will know and apply the principles of nutrition and health, know how to cook a repertoire of dishes enabling them to have confidence to feed themselves and others a healthy, varied diet. Pupils will also know a wide range of cooking techniques and will know the provenance, seasonality and characteristics of a range of ingredients.
- Ensuring and assuring the highest quality of teaching and learning so that all pupils in Food and Nutrition are explicitly and expertly taught powerful and core knowledge via the effective sequencing of cooking skills, techniques and recipes. Therefore ensuring core knowledge is embedded and cooking skills and techniques enable pupils to make informed life choices about the food they eat.
- Giving them the important knowledge they need to understand, participate, question and interpret themselves and the world around them.
- Developing deep core knowledge of a wide range of ingredients, cooking skills and techniques. Understanding the key principles of nutrition and health will provide the

powerful knowledge to enable pupils to develop positive life habits to improve their lives and the lives of others.

- All pupils at Longridge High School within Food and Nutrition are given a 'seat at the table' by ensuring that each and every pupil is given the experience to cook and develop the powerful knowledge needed to understand and participate in cooking dishes for good health, assuring that they are empowered to discuss ingredients, their source, nutrition or their use in dishes.
- Pupils embrace and celebrate their own and others diversity and cultures through 'windows, mirrors and sliding doors' promoting self-reflection, self-awareness and social awareness. In Food and Nutrition this will involve embracing and celebrating others' diversity, cultures and beliefs around food such as understanding the differences in food choice and special dietary needs whether it be on medical, religious or ethical grounds. Therefore, cultivating an aspirational ethos for pupils to be the best version of themselves both as an individual and a member of society.