



# Food Science and Nutrition: Developing Cultural Capital, Diversity and Equality

Cultural capital is the accumulation of knowledge, behaviours, and skills that a student can draw upon and which demonstrates their cultural awareness, knowledge, and competence; it is one of the key ingredients a student will draw upon to be successful in a diverse society, their career and the world of work. In the Sixth Form, we aim to build our student aspirations and expose them to a range of experiences to help them achieve goals and become successful individuals who understand and support diversity and equality.

We recognise that for students to aspire and be successful academically and in the wider areas of their lives, they need to be given diverse, rich, and sustained opportunities to develop their cultural capital. We do this in many ways, for example, through our curriculum, extra-curricular activities, trips and visits, careers activities, and PSHE/RSE programme.

There are nine key realms to cultural capital in the Sixth Form at Samuel Whitbread Academy:

**Cultural Capital**  
provides health,  
well-being and  
growth



**Cultural Capital**  
lets us share our  
histories, our memories,  
the people, the places  
and the things that  
matter to us.



**Cultural Capital**  
creates the curiosity and  
confidence to make  
connections between  
the past, the present and  
the future.



**Cultural Capital**  
sparks generations of  
innovators.



**Cultural Capital**  
is to be found locally,  
nationally, globally -  
**everywhere.**



**Cultural Capital**  
nurtures inclusive  
communities.





**Cultural Capital**  
enriches today and  
inspires tomorrow.



**Cultural Capital**  
is ours to discover,  
ours to create,  
ours to share.



**Cultural Capital**  
belongs to me,  
belongs to you,  
belongs to us all.



These nine realms can be broken down further into the following sub-categories: **Personal development, Social development (including political and current affairs awareness), physical development, spiritual development, moral development, and cultural development.**

What is now outlined are the key areas of both academic and enrichment that take place within and outside of this course area to enhance and develop these diverse elements of cultural capital:

### **Personal Development:**

Personal development consists of activities that develop a person's capabilities and potential, build human capital, facilitate employability, and enhance the quality of life and the realisation of dreams and aspirations.

#### Element of the curriculum and/or enrichment

The catering industry is all around us. Within our courses, we study aspects such as job roles within the catering industry, trips are put into place where students are given the opportunity to build their personal development by exploring different areas of the assessments for example visiting a restaurant to see how food is served and displayed, learning how to see what the process is in a working kitchen. We also embed respectfulness, studying workplace discrimination and how to build equality within the catering world.

A passion for Food is important and we want students to enjoy the subject at Samuel Whitbread. It is also important for the students to realise that you do not have to go into the catering industry to enjoy the course. Food is always going to be important throughout life and having that knowledge will help.

The skills within Food Science and Nutrition is not just curriculum topics, we also focus on presentation skills. We are dedicated to ensuring students have the personal development skills required to be successful in any workplace or further educational establishment.



## **Social Development:**

The process by which a child learns to interact with others around them. As they develop and perceive their own individuality within their community, they also gain skills to communicate with other people and process their actions.

Element of the curriculum and/or enrichment

**Lessons** - Within our SOWs we provide opportunities for students to have discussions with their peers, to share ideas in small groups and then as a wider class. We also focus on presentation skills for every year group, with group projects and presenting being a vital part of social development in the working kitchen and in the classroom.

## **Physical Development:**

These are the major motor or physical achievements a student enhances and develops. Physical development is a vital part of growing up as students learn to master control of their body

Element of the curriculum and/or enrichment

## **Spiritual Development:**

The development of the personality towards a religious or spiritual desired better personality.

Element of the curriculum and/or enrichment

Our courses provides students with opportunities to explore a variety of cultures, and how food impacts our lives. We study standards of different kitchens and how food is cooked to suit the diets of different cultures. How workforces may be educated and the working environment and ethical practices of cooking around the world. This topic encourages our students to be empathetic and show integrity.

## **Moral Development:**



The development of attitudes and behaviours toward other people in society, based on social and cultural norms, rules, and laws.

Element of the curriculum and/or enrichment

Our course provides students with the importance of safe environments and ethical practices of businesses in different ways within different businesses. This topic encourages our students to be empathetic and show integrity.

We also investigate workplace laws, including the equality act, health and safety and General Data Protection Act (GDPR). We consider consumer protection, and what our rights are as consumers in our economy.

**Cultural Development:**

Cultural Diversity is at the heart of the Sixth Form and students will learn about themselves and relationships with others from a variety of cultural backgrounds.

Element of the curriculum and/or enrichment

A key aspect of the Food curriculum is the exploration of different cultures. This is covered in multiple topics, from entrepreneurs from different backgrounds, to equal employment and global business trade.

In addition, Food students will visit a restaurant, a working establishment to look at Health and safety in the workplace.

