



Curriculum Statement

FOOD AND NUTRITION

Knowledge in Food and Nutrition

Food Preparation and Nutrition is a creative course which focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of ingredients. There is a focus on nurturing students' practical cookery skills to give them a strong understanding of nutrition. Food preparation skills are integrated into five core topics:

- Food, nutrition and health
- Food science
- Food safety
- Food choice
- Food provenance

Upon completion of this course, students will be qualified to go on to further study, or embark on an apprenticeship or full time career in the catering or food industries.

Curriculum Features

The Key Stage 3 curriculum is based on the expectations for GCSE Food Preparation and Nutrition. This starts with a focus on safety and building a range of practical skills through creating predominantly savoury dishes. Students also learn about the importance of a balanced diet and about multicultural cuisine. In year 9, the skill level is increased to prepare students for GCSE. In addition, students carry out food science experiments to develop their understanding of functions of ingredients and evaluation skills.

Curriculum Enrichment

Each year, students have the opportunity to visit a food festival. We have links with a butcher and fish monger, who teach our students specific complex skills to allow them to access the highest possible grades. Many students also choose to get involved with charity events.