

SUBJECT

Food Preparation & Nutrition



WHY THIS SUBJECT IS IMPORTANT

All students will learn from a range of practical and theoretical experiences linked to life skills and creativity. We plan to deliver fun but purposeful lessons, where students are given the space and knowledge to develop their practical and theory skills. We believe that the theory will help support pupils to be better cooks and more conscious consumers.

WHAT WE WANT TO ACHIEVE

Within food pupils will learn to cook a range of predominantly savoury recipes that fit into a balanced and healthy diet. Food is a life skill but we will also look at its creativity and aim to produce high quality outcomes using a range of modern equipment. Learning will link to numerous job roles within the food industry.

WHAT YOU WILL LEARN IN YEAR 7

Health and Safety when cooking
Healthy Eating
Where our food comes from
Sensory analysis
Safe knife skills
Use of the cooker
Measuring & weighing accurately
Following basic recipes to create healthy food

EXTRA CURRICULAR OPPORTUNITIES

Bake sales - raising money for charities like McMillan Cancer Charity
Bake off competitions
Young chef competition
STEAM activities - Food Science
Themed Focus Days
We also promote local and national competitions