

Food and Nutrition Curriculum

Why should students learn your subject?

Food and nutrition focuses on practical cooking skills to ensure students develop an in-depth understanding of nutrition, food provenance and the working characteristics of ingredients. At its core, it focuses on cultivating students' practical cookery skills to give them a strong appreciation of nutrition. Students learn the study of food science and how food changes and why. Food safety is key to the course which ensures students know how to cook and prepare food safely. Students develop an essential life skill such as the ability to prepare and cook dishes from a range of countries and cultures, developing curiosity about the world around them. Students will learn about the importance of nutrient-rich foods and the effect that an unbalanced diet may have on health. Students carry out tasks hygienically and learn about the correct storage of different produce, alongside the legislation followed in the food industry.

What is the core knowledge in your subject that all students should understand?

- understand and apply the principles of nutrition and health
- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet
- become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]
- understand the source, seasonality and characteristics of a broad range of ingredients

What do students do with their knowledge to demonstrate their understanding?

Students become eco-friendly cooks ensuring their practices are sustainable and have an understanding of how menus are constantly changing to ensure the needs of all customers are met, for example, customers with special dietary needs, cultural, or lifestyle choices. They also consider how to plan menus, to work to a brief and budget, making them better informed consumers in the process.

Students use knowledge and skills from the breadth of the school curriculum, such as presenting nutritional data and scaling a recipe or researching the history of dishes.