

# Food Preparation and Nutrition

**Nutrition isn't about eating, it's about learning to live.**

Food is a vital part of our daily lives and is essential for life. As our students become adults and have busy lives, it is easy to choose food which has been ready prepared. However, it is more nutritious and often cheaper to cook simple, delicious food. Our students need to develop their knowledge and understanding of Nutrition, healthy eating, food preparation, hygiene, cooking techniques, and sensory characteristics. Our lower school curriculum covers a broad range of topics that will set students up with a range of practical skills and a breadth of knowledge to enable them to become successful learners. We encourage the development of practical and research skills and resilience in a safe environment, allowing students to demonstrate commitment and act on feedback.

We also encourage students not only to follow a recipe but also to substitute ingredients and cooking methods as appropriate, demonstrating an understanding of food choices e.g. veganism, allergies and healthy eating as well as likes and dislikes and cultural/religious considerations. At the same time, we want to help our students become discriminating consumers of food products, enabling them to participate in society in an active and informed manner, to this end we encourage students to understand the environmental factors which affect the inequalities in food distribution on a global scale and give them an understanding of the need to minimise 'food waste' starting with their own practise.



Recipes/ingredients will be set weekly.

In addition to this the following types of homework will be set occasionally:

- Reading recipes
- Responding to feedback
- Gathering sensory feedback from home
- Watching food programmes
- Researching ingredients, commodities



## Year 8 Food Overview

Practical	Practical Skills	Knowledge and Understanding
		Hygiene – cross contamination food poisoning Bacterial growth and temperature Control
Meat and Vegetable Kebabs	Use of raw meat Knife skills – vegetable preparation Use of the grill	Meat – types Provenance – where it comes from
Sweet n Sour	Safe handling of meat Vegetable preparation Frying Thickening – cornflour	Traffic Light System Labelling – link with Eat well Guide
Creamy Curry	Safe handling of meat Use of spices Dairy food in cooking	Impact of social media/online on Food
	Research Tasks – Food from around the world	Food in different countries and cultures
Risotto	Frying Vegetable preparation Addition of liquid	Staple foods – types, use and value in the diet
Macaroni Cheese	Boiling Gelatinisation Use of the grill	Gelatinisation
Quiche	Pastry Skills – rubbing in, rolling, lining a tin Baking blind	Dairy foods in the diet
Victoria Slices	Creaming method Portion Control	Cake Making Ingredients
Ginger Cakes	Melting Method Portion Control	Cake making Method
Calzone	Making a dough – using yeast Rolling and shaping Assembly and sealing	Bread making