





# 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 7 Food Overview		
Practical	Practical Skills	Knowledge and Understanding
Tasting Fruit	Describing food – literacy and vocabulary	Kitchen and Food hygiene and Safety Preparing to cook Sensory Analysis – sensory vocabulary
Scones	Measuring and adding liquid Forming and shaping Glazing	8 Tips for a healthy diet

Scone Based Pizza	Measuring and adding Liquid Rolling and shaping Grating Knife skills	Macro Nutrients (Protein, fat and carbohydrates)
Savoury Tarts	Pastry making – rubbing in, adding of liquid, forming a dough, rolling out	Micro Nutrients (Iron, Calcium, Vit A, B,C D)
Research Skills	Regional Foods	Research Skills
Soup	Vegetable preparation and knife skills Use of the hob – simmering and boiling	Heat transfer
Pasta Gratin	Use of the hob and grill	Labelling
Bolognese Sauce	Handling raw meat Knife skills – vegetable preparation Use of the hob – Simmering and Boiling	Packaging
Bread	Kneading, Shaping	Multi-cultural breads
Showcase Bread	Students to demonstrate skills they have learnt in year 7	What science can you see in what you make

