

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 9 Food Overview		
Practical	Practical Skills	Knowledge and Understanding
		Food Provenance – grown, reared and Caught Seasonal Food – organic v intensive farming Sustainability
Decorated Apple Pie – making pastry	Rubbing in Addition of liquid to make a dough	Pastry Making – Science Sensory Analysis – types of pastry
Decorated apple Pie	Rolling and lining tin Preparation of apples Decoration and glazing	Enzymic Browning
Sausage Plait - Flaky pastry	Flaky pastry Rolling and Folding	Food Logos – Fairtrade and Red Tractor
Sausage Plait –Filling and assembly	Knife skills Rolling and Plaiting Glazing	Food Styling and presentation
Mini Meringues	Whisking egg white – Foam Meting chocolate Preparing Fruit	Function of eggs
Swiss Roll	Whisking method	Special Diets – Age
Naan Bread	Making a bread dough Dry Frying	Special Diets – Food and Religion
Spring Rolls	Use of filo pastry Rolling and assembly	Special Diets – Vegetarian and Vegan
	Research, making reasons for choice, time planning	Types. Characteristics, examples and popularity of street food
Street Food Practical	Following a plan Food styling	Evaluation of work – assessment of practical skills