

## FOOD AND NUTRITION

**OVERALL AIM:** Pupils are taught how to cook and apply the principles of nutrition and healthy eating. We aim to instil a love of cooking that will open the door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill which enables pupils to feed themselves and others affordably and well, now and in later life. We want pupils to apply the principles of nutrition and healthy eating in learning between subjects beyond the classroom as understanding of nutrition and food ultimately fuels better academic success across the curriculum.

### ACADEMIC

We strive to equip pupils with skills they can use in a kitchen environment of home, transferring practical skills in to real life situations and beyond. We endeavour to differentiate the equipment to suit individual needs. We support and feedback orally to pupils during practical lessons to develop independence. We want pupils to achieve their expectations through a practical outcome. We equip pupils to be able to demonstrate knowledge of functional, chemical and nutritional properties, sensory qualities and microbiological considerations. Through developing the skills of sensory analysis we want pupils to be able to critique, evaluate and test food.

Be your best self



### SOCIAL

We develop life skills to prepare pupils to be independent and gain an understanding of nutrition and their lifestyles. We teach crucial life skills that enable pupils to feed themselves and others affordably now and in later life. Pupils develop an understanding of health and safety in a practical space in school and within the food industry. Pupils are taught to understand how food contributes to various religious and spiritual events, celebrations and etiquettes. Pupils are encouraged to explore a range of ingredients and processes from different culinary traditions. Above all, we want to instil in pupils a love of cooking that enables pupils to feed themselves and others.

We are passionate about promoting a love of cooking alongside a healthy life style where pupils make healthy dietary choices. Pupils understand the impact of food and apply the Eatwell Guide and healthy eating guidelines to their food choices. Pupils are acutely aware of personal hygiene for better social interactions and its importance to work in the practical area. Pupils' confidence skills are built as they achieve instant gratification. Pupils understand how nutritional needs vary with age and health conditions. Pupils understand source, seasonality, provenance and characteristics of ingredients. Pupils are given the opportunity of demonstrating a repertoire of predominantly savoury dishes.

### INNER