



# Food Preparation and Nutrition



Archdiocese of Liverpool

## Curriculum intent:

Food Preparation and Nutrition at St Gregory's equips learners with the knowledge, understanding, and skills required to cook and apply the principles of nutrition and healthy eating. We encourage learners to cook, make informed choices about food in order to be able to feed themselves and others affordably and nutritiously, now and later in life. Drawing on disciplines such as Mathematics, Science, and Geography, pupils learn how to become resourceful, considerate, and capable citizens. High quality food education makes an essential contribution to the moral, cultural, health and well-being of the nation.

## Year 7

	Content	Concepts and Skills
TERM 1	<p>Health, safety &amp; Hygiene.            High risk foods.            Temperature ranges.            Basics of Nutrition.            Nutrition investigation.            Eatwell Guide &amp; Healthy Eating Guidelines.</p>	<p>Pupils will develop knowledge of the skill &amp; apply that knowledge through the practical application.            Basic knife skills.            Creaming &amp; all in one method.            Safe handling of high risk.            Safe use of the oven.            Safe use of the hob.            Team work.</p>
TERM 2	<p>Nutritional analysis of made products.            How senses affect the food we eat.            Food farmed in the UK.            Product planning to a set brief.</p>	<p>Pupils will develop knowledge of the skill &amp; apply that knowledge through the practical application.            Safe handling of cooking of a high risk food.            Development of knife skills.            All in one method.            Competent use of the oven &amp; hob.            Combination cooking.            Food styling.            Team work.</p>
TERM 3		

