

Food Intent

Our food curriculum is designed for pupils to experience a broad application of practical skills in a food environment and also to develop their knowledge in the storage, use of, production and manufacture of food products and health and safety.

Teachers use effective strategies for the safe use of high, medium and low risk ingredients and equipment in the classroom, considering the management of the size of the group activity, positioning and number of equipment, supervision level required, appropriate selection of ingredients and equipment for ability.

Current healthy eating advice is taught and understanding of people's needs, to develop diets for different individuals. Teachers define and demonstrate how to apply the principles of nutrition; that food and drinks provide energy and nutrients in different amounts; that they have important functions in the body. Understand that people require different amounts during their life and the implications of dietary excess or deficiency.

Year 9 opt to take food, so the lessons become more theoretical to experience the development into GCSE food. Year 10 and 11 expectations are levelled at the higher end of GCSE. An awareness of moral and social issues related to food which also link to Catholic Social Teaching principles is explicit in lessons.

By the end of Key stage 3, pupils will be equipped with the knowledge, understanding and skills required to cook and apply basic principles of food science, nutrition and healthy eating. The importance of learning to make informed decisions about diet, allowing them to be able to feed themselves and others affordably and nutritiously, now and later in life. It is a lifelong skill which our food teachers passionately believe in instilling in our students.

At KS4 we offer a GCSE in Food Preparation and Nutrition, which is always oversubscribed.