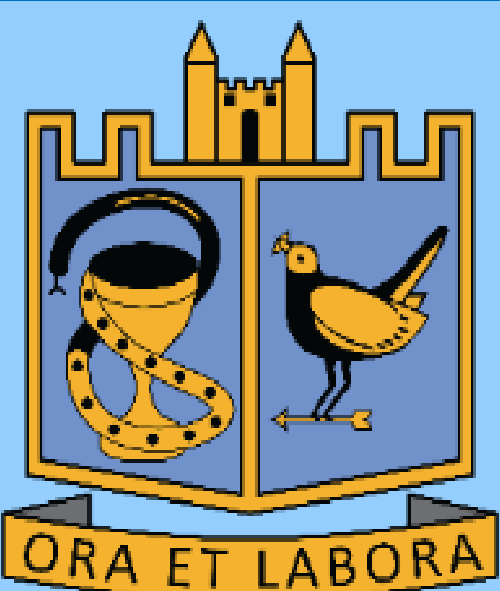


# Subject key:

- AO1** Demonstrate knowledge and understanding of nutrition, Food cooking & preparation
- AO2** Apply knowledge and understanding of nutrition, food, cooking and preparation
- AO3** Plan, prepare, cook and present dishes, combining appropriate techniques
- AO4** Analyse and evaluate different aspects of nutrition, food, cooking and preparation.

# Food Preparation & Nutrition Curriculum Road Map



- Literacy
- Numeracy
- Enrichment Cultural Capital
- Enrichment Catholic Ethos
- Learning Sequenced
- Learning Stand Alone

## Curriculum intent:

- Through Food Preparation & Nutrition, students are provided with a context through which to explore the richness, pleasure and variety that food adds to life. We aim to:
- Give our students vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life.
  - Encourage the development of high skills and resilience in a safe environment, allowing students to demonstrate commitment and act on feedback.
  - Empower students to enable them to follow a recipe and substitute ingredients and cooking methods as appropriate, demonstrating an understanding of food choices
  - Develop understanding that will allow students to become discriminating consumers of food products, enabling them to participate in society in an active and informed manner.
  - 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.