



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 8

	Content	Concepts and Skills
TERM 1	<p>Review health, safety and hygiene, basics of nutrition.</p> <p>Food provenance – Focus on UK and international foods and ingredients.</p> <p>Impact of food & farming on the environment.</p> <p>Fairtrade.</p>	<p>Pupils will develop knowledge of the skill & apply that knowledge through the practical application.</p> <p>Development of knife skills.</p> <p>Creaming & all in one method.</p> <p>Safe handling and cooking of a high risk.</p> <p>Shaping of a shop bought pastry.</p> <p>Shaping and forming a biscuit dough.</p> <p>Seasoning and flavouring dishes to taste.</p> <p>Competent use of the oven and hob.</p> <p>Team work.</p>
TERM 2	<p>Primary and secondary processing of ingredients.</p> <p>Nutritional assessment of made products.</p> <p>Nutritional needs of different groups.</p> <p>Meal planning for a nutritional need.</p>	<p>Pupils will develop knowledge of the skill & apply that knowledge through the practical application.</p> <p>Rubbing in method.</p> <p>Forming a dough.</p> <p>Coating and layering of a high risk food.</p> <p>Shaping and forming of a high risk food.</p>
TERM 3		

