



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 10

	Content	Concepts and Skills
TERM 1	Health safety & hygiene Principals of nutrition Food science	Knife skills Rubbing in, shaping and forming of pastry and dough Correct selection and use of equipment
TERM 2	Principals of nutrition continued Food science Mock Non Examination Assessment to fit with timetables exams PEE paragraphs	Butchery / handling high risk foods safely Food styling introduced Layering & coating Cake making methods
TERM 3	Special dietary needs of different groups, including medical, ethical and religious Diet choices and effects on lifestyle Different methods of cooking and effects on the foods	Scientific cooking processes Gelatinisation Coagulation Dextrinisation Presentation and styling of foods

