



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 11

	Content	Concepts and Skills
TERM 1	Nutrient revision Methods of cooking Effects of heat on food Food provenance and food waste Special diets Hygiene Environmental and moral issues Non Examination assessment 2 - Food Preparation Assessment Exam technique – answering long answer questions	Application of food science Reviewing and embedding of knowledge Jointing of a chicken – high level skill Pastry making – high level skill Review of chopping skills
TERM 2	Non Examination Assessment – Food Preparation Assessment Primary & Secondary processing of ingredients into products Factors affecting food choice Grown, reared & caught food. British and international cuisines	Research & selection of products for set task Application of cooking skills & food styling Evaluation of practical assessment
TERM 3	Technological Developments within the food industry Changing properties of macronutrients Revision	Reviewing and embedding of knowledge

