



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 7

	Content	Concepts and Skills
TERM 1	Health, safety & Hygiene High risk foods Temperature ranges Basics of Nutrition Nutrition investigation Eatwell Guide & Healthy Eating Guidelines Senses and Food	Basic knife skills – demonstration & theory only Creaming & all in one method – demonstration only Weighing & measuring – demonstration only Safe handling of high risk foods – theory only
TERM 2		
TERM 3		

