



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	<ul style="list-style-type: none">Review health, safety and hygieneBacteria cause, effect & conditions required to surviveNutritional needs of different groupsMeal planning for a nutritional needNutrition & Healthy eatingHealthy alternativesFair TradeGlobal hunger – recoverySenses – recovery	<ul style="list-style-type: none">Shaping, forming, filling & glazing of pastry & dough – demonstration onlyDeveloped knife skills – theory only
TERM 2		
TERM 3		

