



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 9

	Content	Concepts and Skills
TERM 1	<ul style="list-style-type: none">Nutrition – Fibre & WaterFunctions of ingredients in baked productsFunction of nutrients and effects on the bodyScience behind bread makingEnergy drinks, impact of too much sugar & caffeine - recoverySpecial dietary needsFarming & the impact on the world – recoverySenses science test - recoveryTypes of heat transfer	<ul style="list-style-type: none">Accurate weighing and measuring of liquids and dry ingredients – demonstration onlyProduct development / modification to improve nutritional value – demonstration onlyShaping & forming of wet mixtures such as biscuits & bread dough – demonstration only
TERM 2		
TERM 3		

