

FOOD & NUTRITION: INTENT

At ECSfG we believe studying food and nutrition is about developing knowledge and understanding of nutrition, healthy eating, food preparation, food hygiene and safety, and cooking techniques and skills.

Learning how to cook is a crucial life skill. In food lessons pupils will develop practical cooking skills, an understanding of nutrition, healthy eating and the link between food and health, properties of ingredients and recipe adaptation.

The aim is to provide the students with the necessary skills to enable them to feed themselves and others affordably and nutritiously, now and later in life, as it can be easier to choose food which is ready prepared, however it is more nutritious and often cheaper to cook delicious food from scratch.

Students in key stage 3 will study food on a rotation basis with other technology subjects. Most lessons will be practical, starting with knife skills in year 7 and moving on to recipes in years 8 and 9 that require more skills and abilities, including time management.

Students in key stage 4 study the WJEC Hospitality and Catering vocational certificate which consists of two units. Unit 1 is the written exam, Unit 2 is a controlled assessment. The controlled assessment must be completed within nine hours, this includes the three hour practical exam when the students must cook and present two dishes of their choice with accompaniments, after producing a time plan for the practical exam. Choosing this course has a financial impact for parents.

Students are taught how to follow a recipe step by step in order to be successful in creating their product and the skills to enable them to create healthy meals to be able to feed themselves and others, e.g. sauce making for dishes such as lasagne and macaroni cheese. Students are encouraged to adapt recipes for flavour and to consider others with special dietary requirements or lifestyle choices.

Recipes are chosen because of the skills required to create them and to allow students to explore and appreciate recipes from other cultures, e.g. Italian, Moroccan, Spanish, Asian and Mexican as well as British.

Students are taught the government guidelines regarding health and nutrition with regards to fat, salt and sugar and how this can affect human health, to enable them to make healthier personal choices when purchasing food and drinks.

The national curriculum for Design Technology Key stage 3 aims to ensure that all pupils:

- understand and apply the principles of nutrition and health.
- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet.
- become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]
- understand the source, seasonality and characteristics of a broad range of ingredients.