



Curriculum Statement – Food Preparation and Nutrition

Food Preparation and Nutrition gives pupils the opportunity and ability to develop skills in practical cooking. It is paramount that people understand how to cook and understand the importance of a balanced diet to ensure they have a healthy lifestyle. Food preparation and nutrition supports pupils by giving them the chance to be creative in their choice of ingredients and to adapt their own recipes. Lessons are taught to develop gradually on a variety of cooking skills and well as being frequently linked to the seasonality and time of year. Food Preparation and Nutrition reinforces the importance of everyday life skills that supports all students, from cooking to cleaning, healthy eating to understanding where food comes from and adapting recipes for healthier options to how the environment around us influences our food choice.

“To eat is a necessity but to eat intelligently is an art” - François de la Rochefoucauld