

**Subject****Food & Nutrition**

“Cooking requires confident guesswork and improvisation – experimentation and substitution, dealing with failure and uncertainty in a creative way.” – Paul Theroux

Curriculum Intent

Food and Nutrition opens a door to one of life’s great expressions of creativity. It instils a love of cooking and teaches how to cook and apply principles of nutrition and healthy eating, a crucial skill for life. Students should be able to feed themselves and others affordably, now and later in life. It empowers, builds confidence, self-discipline, problem solving, communication and time management in the choices they make.

Powerful knowledge in Food and Nutrition

At Breckland School we focus on practical cooking skills to give a stronger understanding of nutrition and help influence healthy lifestyle choices. Students are provided with the opportunities to consider nutritional needs and food choices when selecting recipes, make decisions about portion size, nutrients, preparing and cooking methods whilst working safely. The Food and Nutrition curriculum is designed to be flexible and gradually build students’ knowledge and skills set, enabling independence and building constructive relationships based on positive behaviour.

Curriculum Features

The Food and Nutrition curriculum builds students confidence where they can understand and apply the principles of nutrition and health. Students will learn how to competently cook a repertoire of dishes, increasing in difficulty, working safely and select the equipment and methods needed.

The curriculum has been carefully designed so that each half term new topics are introduced to build on students’ knowledge. We introduce topics such as: health and safety, seasonality, food sources, working with high-risk ingredients, menu planning, roles and responsibilities within the hospitality and catering sector, food related ill health, sustainability and the importance of nutrition. Students will learn a range of knife skills, basic, medium and complex practical skills when preparing ingredients and cooking techniques. Exploring a combination of British and International cuisine, savoury and sweet dishes.

Students are taught and encouraged to review their own performance, modify and make their own decisions, carefully plan and time manage themselves. Throughout the course of each year, student will be assessed based on the skills and knowledge they have learnt. Constructive feedback is always given to help identify students’ needs and encourage further progression throughout the course.

Curriculum Enrichment

Extra-curricular clubs are offered for all students, on a half termly basis. These clubs are designed to engage and enthuse our students. Each club has a theme, which provides the opportunity for students to enhance their subject knowledge, whilst providing opportunities of integration for KS3 and KS4. It is always our aim to build links with local businesses and encourage visits from skilled trade personnel to enrich our students learning experience.