

Food Preparation and Nutrition Curriculum

Statement of Intent

In Food Preparation and Nutrition, the curriculum is designed to inspire, challenge and develop independence in an ambitious way, whilst equipping pupils with the knowledge and skills required to create, cook and evaluate their own dishes. Pupils will gain knowledge of the importance of nutrition and health impacts. With the faith-inspired and virtues-led approach at the forefront of our intentions, the pupils will develop their awareness of the source, seasonality and the impact food has on the environment. The curriculum is designed for pupils to develop and progress within 5 key concepts of knowledge which underpin the subject; Nutrition, Food Science, Food Provenance, Food Choice and Food safety.

These 5 key concepts are progressed in each year, building on prior knowledge. The knowledge rich curriculum fosters a love of learning and high aspirations to all pupils including all faiths, SEND and disadvantaged learners, whereby pupils are actively encouraged to reach their full potential.

Creativity, resilience and problem-solving are essential skills for the 21st century workforce. A regular feature of practical lessons gives pupils opportunities to evaluate their products and make a record of the steps that they will take to make further improvements, which leads to cumulatively sufficient knowledge and skills for future learning and employment. A broad and balanced curriculum is prioritised to allow pupils to access the full curriculum offer to develop and learn new skills in a variety of different settings and learning experiences. This is echoed through a curriculum enriched by trips, visits and experiences that includes guest speakers and a KS4 trip to the Good Food Show.

Food Preparation and Nutrition links with knowledge and skills in other subjects such as Geography as they learn about Fairtrade, seasonality and Food Miles. Science as they learn about spoilage of food, heat transference, methane and greenhouse gases and Mathematics as they measure their ingredients and calculate proportions

At Nishkam, pupils are taught how to prepare food with love, care and attention. This life skill will encourage pupils to lead a healthy, prosperous and active life through practicing the virtues needed to enhance their health and well-being.