

## Intent: What are we trying to achieve?

## Quality of Education - Food and Nutrition

To promote a healthy relationship with food that instills a love of cooking, an understanding of nutrition and prepares pupils for the future

Food and Nutrition at Parklands aims to provide pupils with the ability to cook affordably and with confidence whilst developing an understanding of food, nutrition and health. Our aim is to foster a positive relationship with food that instills a love of cooking and prepares pupils for the future. We want to equip our learners with enough knowledge that enables them to lead a healthy lifestyle and have a lifelong understanding of healthy and sustainable eating habits.

### Curious Learners

Food and Nutrition has strong cross curricular links between Humanities, Science and PE which provokes curiosity and gives our learners the opportunity to develop a passion for food that evolves outside of classroom learning. Pupils are encouraged to take part in discussions and ask questions on a regular basis allowing them to solve problems and gain different perspectives on various topics.

### Respectful Citizens

Food and Nutrition encourages an awareness of the wider world and many current issues surrounding food, both nationally and internationally. We want pupils to gain theoretical and practical knowledge of the development of culinary traditions in British and international cuisine whilst understanding and respecting different cultures and communities. Pupils must consider the moral, ethical and social issues surrounding various topics. They will be confronted by the impact of their food choices, as sustainability, food poverty and food wastage are all explored.

### Aspirational Individuals

Learning how to cook is a vital life skill that enables pupils to feed themselves and others economically and well. We want our students to become competent in a range of cooking techniques and be able to cook with confidence whilst gaining various transferable skills. The food curriculum allows pupils to make informed decisions about a wide range of further learning opportunities and career pathways.

### Motivated Achievers

Our Food curriculum is designed to inspire pupils of all abilities to make use of their skills and to reach their full potential. We aim to cover a broad, wide ranging curriculum with a clear direction to effectively encourage success at the next level. We want our learners to reflect on and develop their knowledge whilst gaining a range of crucial life skills that will increase their independence and empower them to become motivated and self-sufficient individuals

### The Key concepts that run through Food & Nutrition:

- To explore the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health.
- Apply skills and understanding competently to plan, prepare and safely cook dishes affordably for a healthy, varied and balanced diet
- To develop an understanding of individuals with specific lifestyle needs as well as how nutritional needs vary with age and health conditions
- To develop knowledge and understanding of the functional and chemical characteristics of food
- Demonstrate knowledge of microbiological food safety considerations when preparing, storing, cooking and serving food and know about food poisoning, its symptoms and preventative measures.
- To consider a wider range of factors when making food choices, e.g. seasonality, local food, sustainability, where and how foods are grown, reared, or caught.
- Pupils are also encouraged to think about the impact of food waste on the environment and to consider the effects on our local and global communities.