

Year 10 & 11- Why do we Food Preparation and Nutrition?

We study Food as it is an integral and essential part of everybody's life, as such we aim to build a working knowledge, interest and practical capability in this area. Food is an integral part of life essential for good Health and Well-being but also a huge industry with Hospitality being one of the biggest market forces in the Country. Food is a mainstay of the British way of life and eating out is a cultural and social way of life for many. By studying Food, students will start with the basics of cooking, food preparation and food safety while exploring and understanding how to prepare food that is nutritious. Students will develop the ability to follow instructions, work collaboratively, develop independence and confidence in decision making while developing a deep understanding of Health, Hygiene and Safety.

What: You will learn about food in its widest sense and learn to develop a wide range of food preparation skills. This will help you understand the following areas of student. What food is composed of, why we need it and how it affects our long-term health. How food can be prepared and cooked skilfully and safely to produce nutritious meals for different people and situation. What happens to the ingredients in food when you prepare and cook them. Food provenance, where food comes from, how it produced and sold. Which food different cultural eat throughout the world. How the food choices people make affect the health and well-being themselves, their families and people who produce food but also the environment and natural resources. How you can become an informed and thoughtful consumer of food, building on KS3 topics in order to make educated choices about food.

Why now: This provides the knowledge skills and understanding you will need in order to complete your exam in Year 11. this will also prepare you for your two NEA tasks in Year 11.

