

Food & Nutrition

Curriculum Intent

“Give a man a fish, and you feed him for a day; show him how to catch fish, and you feed him for a lifetime.”

Food is a vital part of our daily lives and is essential for life. As our pupils become adults and have busy lives, it is easy to choose food which has been ready prepared. However, it is more nutritious and often cheaper to cook simple, delicious food. At Turves Green Boys' School, pupils will develop their knowledge and understanding of nutrition, healthy eating, food preparation, hygiene, cooking techniques, and sensory characteristics. We aim to give our pupils vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life. Food and Nutrition empowers pupils to enable them to follow a recipe and substitute ingredients and cooking methods as appropriate, demonstrating an understanding of food choices e.g. veganism, allergies and healthy eating. We engage with pupils to encourage them to understand the environmental factors which affect the inequalities in food distribution on a global scale and give them an understanding of the need to minimise 'food waste' starting with their own practise. Food and Nutrition allows pupils to explore a number of multicultural perspectives concerning food. Pupils will enhance their understanding, appreciation and acceptance of people from a variety of cultural backgrounds through the preparation of food from different countries and religious beliefs, with Kosher and Halal and other dishes prepared.

During both of the key stages they are given an array of opportunities to enter a number of local and national and TV competitions

KS3

In key stage 3 all pupils will be taught the life skill of food, nutrition, meal preparation and healthy eating. The aim is to open the door to one of the great expressions of human creativity. Learning to cook is a crucial life skill that enables the boys to feed themselves and others affordably and well, now and in later life.

KS4

In key stage four, pupils can opt for level one or two Hospitality and Catering vocational qualifications. They will study food preparation, nutrition, they will demonstrate effective and safe high level practical skills by planning, preparing dishes using a variety of techniques and equipment. They will also

understand the relationship between diet, nutrition and health as well as the catering and hospitality industry.

EXAM

There is a food practical examination 60% as well as a written paper with a weighting of 40%. This course provides an excellent base into progression to higher level food courses as well as onto apprenticeships.