



# Food Preparation & Nutrition

*Cultivation to the mind is as necessary as food to the body.*

- Marcus Tullius Cicero

During year 7, pupils are introduced to the basic skills and knowledge required to understand the importance of preparing and making the best quality foods that are nutritionally balanced and healthy.

Year 7 are first introduced to the safe and hygienic working practices that are required in a kitchen and to personal safety and hygiene. They learn about the safe and appropriate use of a variety of cooking methods to ensure that they are safe and competent when using the cooker and know which parts of the cooker are suitable to use for different dishes. Pupils develop practical skills and manufacture a range of dishes that can be taken home focussing on the Eatwell Guide 2016 to ensure they are able to transfer their skills and practical knowledge into the home setting.

## Skills developed

- Personal safety, hygiene and self-preparation
- Different dietary needs of target groups
- Recipe development to meet the Eatwell Guide 2016 guidelines
- Making and using a variety of practical equipment, techniques and ingredients

## Topics covered

- Food preparation & nutrition for all

For more information

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