



Food Preparation & Nutrition

*Our minds are like our stomachs; they are whetted
by the change of their food, and variety supplies both with fresh appetite.*

Marcus Fabius Quintilian

With the current levels of diet-related health issues in the UK, it is crucial that all pupils learn about and continue to improve their skills, knowledge and understanding of the preparation and manufacture of high quality, interesting and healthy foods that are influenced by the Eatwell Guide 2016.

Having previously acquired a range of knowledge, understanding and practical skills within year 7, pupils in year 8 deepen their understanding of the need for better quality and nutritionally balanced food products, delving further with their research about current food issues and how they can have a positive or negative impact on people and the world in general. Pupils continue to explore different ingredients and recipes, and are introduced to new equipment and cooking processes.

Skills developed

- Analysing existing food products
- Exploring the dietary needs of different target groups
- Creatively designing and adapting recipes to meet specific needs
- Making and using a variety of techniques and ingredients
- Testing and evaluating manufactured food products

Topics covered

- Food preparation & Nutrition skills
- The Eatwell guide 2016 relating to specific target groups
- Recipe adaptation to meet the needs of specific dietary needs

For more information

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