

Intent:
As part of their work with food, students will be taught how to cook and apply the principles of nutrition and healthy eating and instil a love of cooking. Learning how to cook being a crucial life skill that enables students to feed themselves and others affordably and well, now and in later life.

FOOD PREPARATION AND NUTRITION CURRICULUM 2022-2023

Balanced | Rigorous | Coherent | Vertically Integrated | Appropriate | Relevant



- The 4 Cs**
- Cooking
 - Cleaning
 - Chilling
 - Cross contamination