

	Y7	Y8	Y9
<b>Food</b>	<p><b><u>Introduction to food</u></b></p> <p>In year 7 students learn how to cook dishes in a safe and hygienic manner. They learn the names and uses of equipment and are supported to become independent in the selection and use of these. Students cover all the basics of the “Eat well guide” and are given the opportunity to evaluate and improve their own dietary choices. Food provenance topics are introduced linking to the science of food and the environmental impact of producing food.</p>	<p><b><u>Making informed food choices</u></b></p> <p>Students build upon health and safety from year 7 by looking at bacterial growth on food and ways to prevent food poisoning. They continue to develop independent, confident cooking skills, this time with the focus on the storage and use of high-risk foods and protein foods. Students are given the knowledge they need to enable them to make their own moral, ethical and personal choice of what food they choose to eat. They learn about special dietary requirements, a topic that links in closely with our virtue of compassion. Along with a more detailed dive into the protein food group, students also learn about the effects of too much fat, salt and sugar in the diet.</p>	<p><b><u>Skills for life</u></b></p> <p>Students receive detailed basic food hygiene training to ensure they can cook meals for themselves and others that are free from any contamination. Healthy eating recommendations are covered in a clear and concise manner to ensure students are equipped with the knowledge they need to make healthy food choices in their life. High level transferable cooking skills are developed, and students are given the freedom to make their own choices of how to adapt each skill to produce their own food product. Food science terms are introduced as a foundation for any students who may choose to complete the food GCSE.</p>