

## **Home Cooking and Nutrition.**

### **Intent**

In this curriculum, our aim is to provide an exciting and creative curriculum to provide opportunities for all pupils to learn basic cooking skills and the ability to apply the principles of health and nutrition. The course is based on the proposition that being able to cook is an essential life skill and this focused on nurturing students cooking skills to give them a strong understanding of nutrition that will have benefits to long term wellbeing of self and family.

In lessons we encourage learners to develop the knowledge, understanding and confidence to cook healthy meals at home for their families.

Students will gain a wider understand of

Food safety - pre pairing and storing food

Changing habits - religion, vegan, Keto and fad diets

Food choices - financial cost of food shopping that effect choice (poverty, wealth, size of family, organic food and allergies)

And global issues like food shortages, resources, field to fork

The curriculum has been designed to incorporate the aims of the national Curriculum for Design and Technology: Cooking and Nutrition

### **Implementation**

Links to English - Reading and preparing recipes

ICT - healthy eating and nutrition, food safety, menu ideas, and hygiene

Group discussions

Links to Maths - weighing ingredients

- Conversion of measurements
- Measuring
- Select and adjust cooking times

Links to science - raising agents

- Cooking with heat
- Macronutrients
- Micronutrients
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Links to PSCE - Careers - working in kitchens preparing food, serving food, working in factories preparing pre-packed foods, working on farms either with animals or growing produce

- Eating disorders, fad diets
- Different cultures and religions
- Food from around the world
- Recycling and importance of impact on the world

Demonstrate a range of technical skills in the preparation (mash, crush, grate, peel, chop and cut into pieces.

### **Impact**

On completion of the home cooking course, all students will be able to demonstrate how to plan and prepare a range of healthy recipes using a variety of food commodities, cooking techniques and equipment.

They will have explored a range of ingredients and processes from different countries, religions and ideals.

Be able to modify existing recipes.

Pupils are constantly working towards objectives which will enable them to gain AQA certificates.

