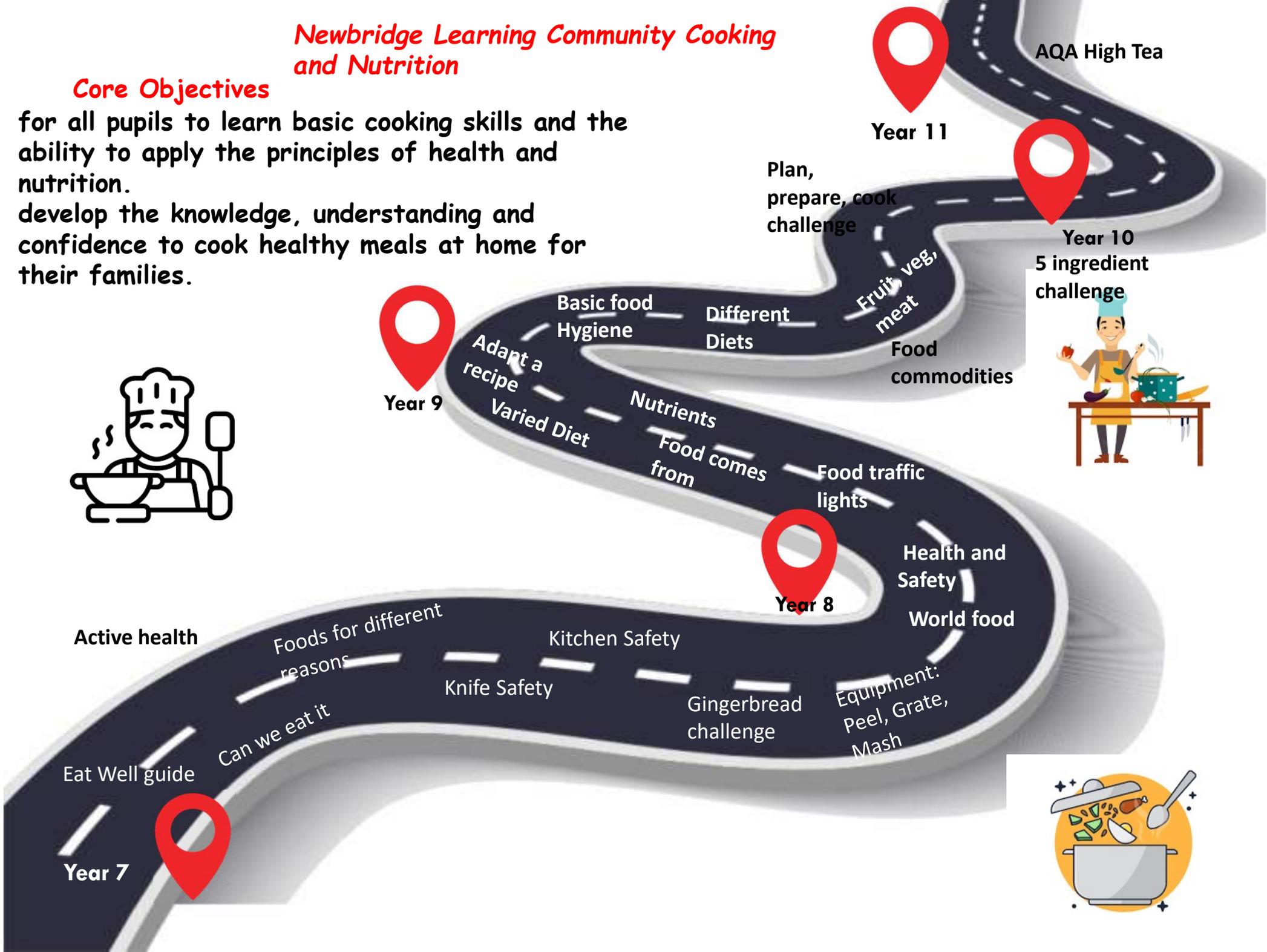


Newbridge Learning Community Cooking and Nutrition

Core Objectives

for all pupils to learn basic cooking skills and the ability to apply the principles of health and nutrition.

develop the knowledge, understanding and confidence to cook healthy meals at home for their families.



AQA High Tea

Year 11

Plan, prepare, cook challenge

Year 10
5 ingredient challenge



Year 9

Adapt a recipe
Varied Diet

Basic food Hygiene

Different Diets

Fruit, veg, meat

Food commodities

Nutrients

Food comes from

Food traffic lights

Health and Safety

World food

Year 8

Kitchen Safety

Knife Safety

Gingerbread challenge

Equipment: Peel, Grate, Mash



Active health

Foods for different reasons

Can we eat it

Eat Well guide

Year 7