

Food Studies

Curriculum Intent Statement

‘Laughter is brightest in the place where food is good’ – Irish Proverb

Food is a vital part of our daily lives and is essential for life. As our students become adults and have busy lives, it is easy to choose food which has been ready prepared. However, it is more nutritious and often cheaper to cook simple, delicious food.

During food studies students will develop their knowledge and understanding of nutrition, healthy eating, food preparation, hygiene, cooking techniques, and sensory characteristics.

We aim to;

Give our students vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life.

Encourage the development of high skills and resilience in a safe environment, allowing students to demonstrate commitment and act on feedback.

Empower students to enable them to follow a recipe and substitute ingredients and cooking methods as appropriate, demonstrating an understanding of food and nutrition choices e.g. veganism, allergies and healthy eating.

Develop understanding that will allow students to become discriminating consumers of food products, enabling them to participate in society in an active and informed manner.

Engage with students to encourage them to understand the environmental factors which affect the inequalities in food distribution on a global scale and give them an understanding of the need to minimise ‘food waste’ starting with their own practise.

Allow students to explore a number of multicultural perspectives concerning food. Students will enhance their understanding, appreciation and acceptance of a variety of cultural backgrounds through the preparation of food from different countries.

Encourage our students to develop an awareness and acceptance of diversity within our community.

Our hope is that through Food Studies, students are provided with a context through which to explore the richness, pleasure and variety that food adds to life.

KS3 : See our curriculum overview for key content and skills coverage

KS4 : Eduqas GCSE Food Preparation and Nutrition

WJEC Level 2 Hospitality and Catering

KS5 : WJEC Level 3 Food Science and Nutrition