

Food and Nutrition Year 7, 8 & 9

Food and nutrition is an inspiring, rigorous and practical subject. Using creativity and imagination, pupils design and make products that solve real and relevant problems within a variety of contexts, considering their own and others' needs, wants and values.

As part of Food and nutrition at key stage 3 pupils will be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life and may well lead to further study and a rewarding career.



Year 7 Practical work



Year 7 Sensory testing



Year 8 Practical work

In year 7 students learn the basic risk assessment of the food room before they carry out a variety of practical tasks. Students learn how to use a wide range of equipment to make; a grilled snack, rockies, crumble and design and make a sandwich.

Year 8 students continue to develop their practical skills and use a wide range of equipment to carry out the following design and make tasks; muffins, pizza, Quorn pasta product and a scone based product.

In year 9 students follow a Healthy Eating theme and make a range of products to further develop their skills. Students plan and make; a low fat sweet product, a low fat dessert, healthy burgers and a bread based product.

Beyond year 9 students can opt to study Food Nutrition at GCSE.

In Food and nutrition students will spend 1 term per year in the department where they will develop a range of skills and knowledge related to areas such as safety and hygiene, health and nutrition and designing for purpose. They will be involved in practical work using a range of tools, equipment and ingredients. They will also design, plan and evaluate to underpin this knowledge.



Year 9 Practical work