

Food and Nutrition

'To eat is a necessity, but to eat intelligently is an art' - La Rochefoucauld

The aim of the Food and Nutrition Department is to give students the confidence to generate and cook their own dishes no matter their experience in the kitchen. Our department ethos is to create memories through food. Everybody has a dish or ingredient that they reminisce over and we hope to create a life skill in the kitchen which can connect our pupils to other people and places from around the world.

Food is an important aspect of life and students are encouraged to create their own 'food voice' by learning about different skills and types of cuisines. Students participate in Food and Nutrition lessons once a week.

Throughout Key Stage 3 students will build up a bank of recipes which they will hopefully cook again throughout their lives, starting with the basics building up to more complex dishes by Upper 4 (Year 9).

In Upper 3 (Year 7) students will learn about health, safety and hygiene in the kitchen. They also learn how to use key pieces of equipment safely building pupil's confidence to create inspiring dishes. Some of these dishes include fruit crumble, vegetable tarts and stir-fry.

In Lower 4 (Year 8) pupils will learn about different cuisines around the world- their history and why they use different ingredients to understand how they have influenced the food which we eat in the UK today. Dishes include classics such as Ragu and soft pretzels to Dim sum and falafel.

By the time students reach Upper 4 (Year 9) they are given the freedom to create their own dishes based on a theme. Students create healthy 'fast food', dishes based on a limited budget and more luxurious dishes based on the use of chocolate.

In Key Stage 4 pupils follow the AQA Food Preparation and Nutrition GCSE course. Pupils go into greater detail looking at the nutritional value in food, the initial sources of ingredients and they have to plan, cook and evaluate a three course meal as part of the GCSE.

Pupils have to bring in ingredients for the dishes they are cooking as it gives them a greater freedom to adapt the recipe to include ingredients they like to use. They are also encouraged to cook on a continuous basis at home during the holidays to help them maintain their skills and to try dishes they may not have had the opportunity to try during lessons.

Throughout the year Food and Nutrition run a number of competitions such as the Upper 3 (Year 7) and Lower 4 (Year 8) inter-house cake decorating competition and the Upper 4 (Year 9) mystery box competition where pupils have to create an inspiring dish using a given number of ingredients.