

# FOOD AND NUTRITION



The intention of the Food and Nutrition curriculum at Weald of Kent Grammar School is to ensure our students develop knowledge and skills that allows them to learn to cook and understand how to eat a healthy balanced diet by gaining invaluable life skills to prepare them to lead healthy and independent lives beyond the classroom.

Students are taught a wide range of Nutrition and Food science topics, linked with Food Provenance and Sustainability issues, alongside the practical applications of preparing ingredients and using equipment safely and hygienically. A wide range of ingredients, including multiculturally influenced cuisines, are used in the recipes delivered in each year group and students are encouraged to adapt them as required.

The Food and Nutrition curriculum builds on practical key skills and knowledge each year, recapping and revisiting topics to link understanding between a range of ingredients and their working characteristics. Transferable skills will develop resilience, adaptability, independence, working thoughtfully with others and encourage responding positively to challenges in our Weald students.

Literacy is regularly challenged with discussions around the scientific terminology of the practical applications of methods of making different recipes.