



Food preparation and Nutrition

Year: 7

'What you eat and drink is fifty percent of life'

Gerard Depardieu

Course content

Year 7 will develop and embed the basic skills needed to produce healthy meals from scratch. The students will learn how to prepare and cook a variety of dishes independently. Learning the nutritional value of the different food groups will enable the students to apply this knowledge to their own and others diets. They will also be able to work safely and understand the importance of hygiene. The year 7 course will ensure the students have a good foundation to move forward into year 8.

Skills developed

- Working and safely and hygienically
- Use of the oven and small electrical equipment
- Knife skills
- Preparing food

For more information

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Topics covered

- Nutrition
- Function of nutrients
- Healthy eating and a balanced diet
- Diet analysis
- Developing products
- Multicultural cooking

