



Food preparation and Nutrition

Year: 8

'There is no sincerer love than the love of food'

George Bernard Shaw

Course content

Year 8 will develop and embed nutrition and how to produce a balanced menu for all ages. The students will learn how to prepare and cook a variety of savoury dishes using locally sourced ingredients, following a recipe independently. They will be able to cost the dishes they have made learning the importance of making meals economically. The topic of special dietary requirements will further develop the students moral and social understanding of food. Year 8 will prepare the students for the GCSE course in year 9.

Skills developed

- Working and safely and hygienically
- Use of the oven and electrical equipment
- Knife skills
- Technical skills—bread, pastry, cakes, sauces

For more information

Mrs P Carter

pcarter@wetherbyhigh.co.uk

Topics covered

- Nutrition
- Function of nutrients
- Function of ingredients
- Dietary requirements at each life stage
- RDA's
- Food labelling
- Where food is grown and reared
- Costing of ingredients
- Special dietary needs

