

Food & Nutrition



Focus: basic skills.

You will make:

- Fruit crumble
- Stir fry
- Chilli con carne
- Beef burgers
- Pizza
- Macaroni cheese
- Minestrone soup


Year
7

Focus: budgeting for food and special diets.


You will make:

- Curry
- Sweet and sour chicken
- Risotto
- Pear marble cake
- Quiche
- Lasagne
- Savoury pinwheels

Year
8



Could you
be our
next star
baker?



Year 7 Meadowhead Bake Off



Y7/8 Family engagement classes

Focus: balanced diets.

You will make:

- Swiss roll
- Chicken goujons
- Viennese fingers
- Flatbread pizza
- Dough balls

Year
9

In Years 10 and 11 we
follow the GCSE Food

GCSE

Preparation and Nutrition course.

This is a relatively new course with
lots of exciting content.

In 2019, the GCSE food results were
higher than the national average
with 73.1% of students achieving a
grade 4-9 and 14.9% of students
achieving a top 7-9 grade!

Why is Food such an important subject?

- Obesity is a HUGE problem in the UK;
- Everyone needs to learn to cook a range of balanced meals;
- Learning about nutrition is essential to live a healthy lifestyle;
- It gives you the knowledge to make informed decisions about your diet;
- Learning how to make the correct food choices can prevent many dietary diseases;
- You can discover new ways to budget for food;
- To be able to adapt favourite recipes to make them healthier.



Links with other subjects:

- nutrition (PE)
- how ingredients work (Science)
- reading recipes (English)
- weighing and measuring (Maths)
- designing food (Art)
- multi-cultural foods (Languages), where ingredients come from (Geography)...

Possible careers in food...



- Chef
- Dietician
- Nutritionist
- Baker
- Food stylist
- Cookbook author
- Product development
- Food scientist
- Environmental Health Officer
- Food Inspector
- Food stylist
- Food Demonstrator