

# Food Preparation & Nutrition



## YEAR 7

The focus in Y7 is on working safely and hygienically, and learning about various pieces of equipment.

You will make:

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



Y7/8 Family engagement classes



Year 7 Meadowhead Bake Off



Could you  
be our  
next star  
baker?

## YEAR 8

The focus in Y8 is on budgeting for food and different dietary needs. You will continue to develop practical skills by making:

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

# 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;
- Discover new ways to budget for food;
- Be able to adapt favourite recipes to make them healthier.



Food has links with many other subjects – nutrition (PE), the way 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**