



## Food and Nutrition @Persnore High School

### Intent:

Our curriculum for Food and Nutrition is designed to provide students with a comprehensive understanding of the principles of nutrition, food science, and practical cooking skills. Our intent is to equip students with the knowledge and skills necessary to make informed and healthy food choices, develop their culinary abilities, and prepare them for a lifetime of responsible and enjoyable eating habits.

### Implementation:

- **Comprehensive Nutrition Education:** We offer a rigorous curriculum that covers the essential aspects of nutrition, including macronutrients, micronutrients, dietary guidelines, and the impact of food choices on health.
- **Food Science Understanding:** Our curriculum delves into the science behind food preparation, preservation, and cooking techniques. Students explore the chemical and physical changes that occur during cooking and how they affect the final product.
- **Practical Cooking Skills:** We emphasize hands-on learning experiences through practical cooking sessions. Students learn to follow recipes, use kitchen equipment safely, and apply cooking techniques to create a variety of nutritious and appealing dishes.
- **Menu Planning and Balanced Diets:** Students learn to plan balanced meals that cater to different dietary needs. They gain insight into menu planning, portion control, and how to accommodate special dietary requirements.
- **Food Hygiene and Safety:** A crucial aspect of our curriculum is teaching students about food safety, hygiene, and proper kitchen practices. We instill habits that ensure the preparation of safe and hygienic meals.
- **Culinary Creativity:** We encourage students to experiment with ingredients, flavors, and presentation techniques, fostering their creativity in the kitchen and promoting a positive relationship with food.
- **Critical Thinking and Problem-Solving:** Students are challenged to analyse food labels, evaluate nutrition claims, and make informed choices based on evidence. They develop critical thinking skills that extend beyond the classroom.
- **Cultural and Global Awareness:** Our curriculum explores diverse food cultures and traditions from around the world, promoting an appreciation for culinary diversity and encouraging cross-cultural understanding.

### Impact:

- **Knowledgeable and Informed Choices:** Graduates of our program are equipped with a solid understanding of nutrition and food science. They can make informed choices about their diets, promoting their own health and well-being.
- **Practical Cooking Proficiency:** Students gain practical cooking skills that empower them to prepare nourishing meals independently, fostering self-sufficiency and confidence in the kitchen.
- **Healthier Lifestyles:** By understanding the importance of balanced diets and healthy eating habits, students are more likely to adopt and maintain healthier lifestyles throughout their lives.
- **Culinary Exploration and Creativity:** Our curriculum encourages students to explore their culinary interests, fostering a lifelong appreciation for cooking and culinary experimentation.
- **Safety and Responsibility:** Graduates are well-versed in food safety practices, ensuring the preparation of safe meals and contributing to the well-being of their families and communities.
- **Holistic Development:** Through critical thinking, problem-solving, and cultural exploration, our curriculum contributes to students' holistic development as informed and responsible individuals.

In conclusion Food and Nutrition curriculum is designed to impart essential knowledge, skills, and values that prepare students for a lifetime of healthy eating, culinary enjoyment, and responsible food choices.