

FOOD PREPARATION & NUTRITION



CURRICULUM INTENT

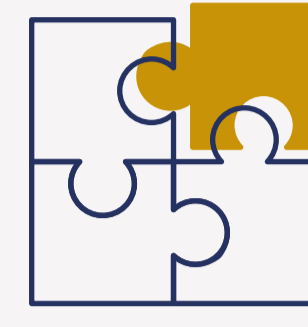
The Food Preparation and Nutrition course teaches students an array of culinary techniques, as well as knowledge of nutrition, food traditions and kitchen safety. By the end of the course students have accumulated a range of skills that can equip them for life. Students work independently to plan, prepare and cook meals and understand the nutritional value of them. Students learn the importance of **endeavour** as they develop their own recipes and dishes. Working in a busy kitchen environment, students need to collaborate to ensure they use a range of equipment safely and effectively, creating high quality outcomes.

BENTON PARK SCHOOL VALUES

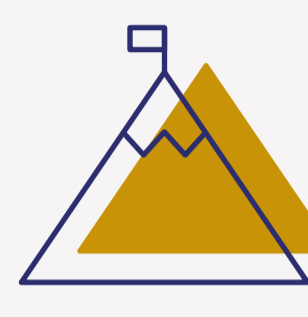
In Food Preparation & Nutrition:



- Students develop being **resilient** by trying out new recipes and making modifications.



- Students work **collaboratively** by taking part in group assessments, planning presentations and producing meals that complement each other.



- If they are unsuccessful they **endeavour** to try again and learn from their mistakes.



- Show **compassion** towards other people's dietary needs such as religious requirements or personal beliefs.



- A Food student is actively encouraged to **inspire** and be **inspired** by the many great chefs that are so widely accessible now. Taking an interest in eating out or watching cooking programmes as an education tool is actively encouraged.

