What is Food Preparation and Nutrition?
Food Preparation and Nutrition is a practical and academic subject that combines the science of nutrition with the skills of cooking and food preparation. Students learn about healthy eating, food science, food safety, food provenance and the factors that influence food choices. Through practical cooking, they develop confidence, creativity and independence while applying their theoretical knowledge in real-life contexts. The subject equips students with essential life skills that enable them to prepare nutritious meals safely and make informed decisions about food throughout their lives.
Why do we teach Food Preparation and Nutrition at Hasmonean?
At Hasmonean, we believe that Food Preparation and Nutrition provides students with the knowledge and practical skills needed to lead healthy, independent lives while developing confidence, resilience and creativity. As a Jewish school, we teach food preparation within the framework of the highest standards of Kashrut, ensuring that students understand the importance of Jewish dietary laws alongside nutrition, food safety and hygiene. Students gain an appreciation of food from a range of cultural and ethical perspectives while learning to prepare dishes safely and skilfully. Our curriculum also develops transferable skills such as organisation, planning, teamwork and problem-solving that support success in further education and everyday life.
How do we teach Food Preparation and Nutrition at Key Stage 3?
At Key Stage 3, students develop the fundamental knowledge and practical skills that prepare them for further study in Food Preparation and Nutrition. Lessons focus on healthy eating, nutrition, food safety, hygiene, knife skills, food preparation techniques and the principles of cooking, while encouraging creativity and independence in the kitchen. Students regularly take part in practical cooking lessons where they apply their learning to prepare a variety of savoury dishes. Through a combination of practical work, teacher demonstration, discussion and evaluation, students build confidence, resilience and an appreciation of how food choices contribute to a healthy lifestyle.
How do we teach Food Preparation and Nutrition at Key Stage 4?
At Key Stage 4, students follow the AQA GCSE Food Preparation and Nutrition (Specification 8585), which combines practical cooking with the study of nutrition, food science, food safety, food choice and food provenance. Lessons include regular practical cooking, teacher demonstrations, retrieval practice, discussion and written activities that enable students to apply their theoretical understanding through a wide range of cooking techniques. All practical work is carried out in accordance with the highest standards of Kashrut, allowing students to develop professional kitchen practices within a kosher environment. Students complete the two Non-Examination Assessments alongside the final written examination and are regularly assessed throughout the course to ensure they are fully prepared for success. *https://filestore.aqa.org.uk/resources/food/specifications/AQA-8585-SP-2016.PDF*