

	Churnet view food and nutrition	
Food and nutrition	Food and Nutrition at Churnet View will equip ALL students with the knowledge, understanding and skills required to be able to cook and to apply the principles of food science, nutrition and healthy eating. Our curriculum will encourage ALL students to cook and enable them to make informed decisions about the foods that they eat and buy and hopefully pass this knowledge on to friends and family members, as well as equip them for adult life. Our Food and Nutrition curriculum aims to inspire, challenge, encourage a curiosity for different foods and ingredients and develop independence, whilst equipping students with the knowledge and skills required to create, cook, and evaluate their own dishes.	
	By the end of year 6	By the end of year 8
	Our years 5 and 6 Key Stage 2 curriculum is based upon students understanding how simple it is to prepare their own food and to understand the impact good food choices can make on health and lifestyle. They learn about all the main food groups and their nutritional value supporting a healthy lifestyle. They learn about food storage, food room safety and hygiene. They develop the basic practical skills in the kitchen preparing and cooking foods using the grill, hob and oven. Students are encouraged to try out simple, homemade food products and are taught how to critique the flavour, textures, appearance and smell of these products.	Our years 7 and 8 Key Stage 3 curriculum is based upon students using their previously acquired skills from Key Stage 2 to create a range of predominantly savoury dishes. Students will learn to cook some 'classic' family dishes from scratch (some of which are inspired by other cultures) exploring tastes, flavours and using a variety of familiar and less familiar ingredients. Health and safety and the handling and cooking of raw meat will be learnt to ensure students are competent and confident cooks. Students will develop an awareness of the source and seasonality of foods, as well as the impact food has on the environment. Students will explore the properties of ingredients when making food products such as breads and sauces. They will also learn to consider what affects the choices of foods that people buy. These skills and knowledge will prepare the students with the skills and knowledge to explore food and nutrition further at High School.