

SUBJECT INTENT STATEMENT

Curriculum Intent: Food

Food is a vital part of our daily lives and is essential for life. As our students become adults and have busy lives, they need to be able to prepare and cook nutritious meals that provide a balanced diet. At Consett Academy, students will develop their knowledge and understanding of nutrition, healthy eating, food preparation, hygiene, cooking and presentation techniques.

We aim to;

Give our students vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life.
Encourage the development of high skills and resilience in a safe environment, allowing students to demonstrate independence.
Empower students to enable them to follow a recipe and substitute ingredients and cooking methods, demonstrating an understanding of food choices e.g. veganism, allergies and religious beliefs.

Engage with students to encourage them to understand the environmental factors which affect the inequalities in food distribution and give them an understanding of the need to minimise 'food waste' starting with their own practice.

Enrich the students' experiences of food by offering extra-curricular opportunities and challenge.

Through our Food curriculum, students are provided with a context through which to explore the variety, pleasure and opportunities that food adds to life.