

YEAR 5

Walton Priory Food and Nutrition learning Journey

YEAR 6

Basic Skills

Students will learn about the basic skills and techniques needed to prepare and cook food. Children will learn how to safely use

Equipment, processes, food hygiene, how we organise the room when cooking with a whole class

Treats

Students will learn about the a healthy, balanced diet and will focus on 'treats' and how often we should consume them, learn techniques needed to prepare and cook food, learn how to safely use equipment including the, food technology room, learn how to prepare some treats and begin to recognise that treats can be healthier.

British Classics

Students will learn how to make some British classic recipes. They will recap on about the basic skills and techniques learnt in year 5 to effectively prepare and cook food, learn how to independently and safely use equipment including using the food technology room.



YEAR 7

Foods from around the world

To understand food miles and how they impact on our world, sustainable foods, Mexican style dish, Indian curry, Italian pasta dish, Chinese style dish and explore the meaning behind food culture

Enterprise makes and bakes

Follow the design process – research, design, develop, make and evaluate a product. Produce an item(s) to sell. Understand and apply enterprise skills

Healthy Swaps

Students will learn the dangers associated with consuming too much sugar and salt and the simple changes they can make to their choices to reduce the amount of sugar and salt in their diets. They will recap on about the basic skills and techniques learnt in year 5 to effectively prepare and cook food.



YEAR 8

Spice Up Your Life

To be able to identify different spices and herbs. Create and present Bunny Chow, Jamaican Jerk Chicken, Thai Green curry and lamb meatballs.

Diet and Nutrition

The impact of a healthy lifestyle. How nutrition affects people and their lives. Demonstrate the process of making pasta, present a fruit /vegetable product

Cooking and Nutrition

In Cooking and Nutrition our aim is to allow students to utilise and futureproof our school values by adapting to the ever-changing environment. They will flourish in our innovative, ever-changing, broad and enriched STEAM curriculum that provides students with aspirations, knowledge and skills to thrive in the modern world.