FOOD PREPARATION & NUTRITION LEARNING JOURNEY

SARAH BONNELL SCHOOL

Chef/Baker

Catering

Health improvement Practioner

Our Food Preparation and Nutrition curriculum enables students to prepare a variety of predominantly savoury dishes, allowing them to feed themselves and others a healthy and varied diet. The curriculum is diversified and inclusive, allowing students to become proficient in a variety of cooking techniques and create dishes from all over the world.

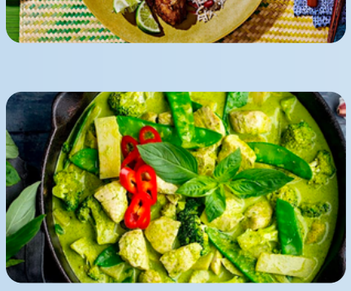
















Special Diets





Starchy & Sugary Carbohydrates



Dairy

Protein

Fruit & Veg

Knife Skills & Using The Cooker/ Fats and Sugars

YEAR 9

Commodities

Fats & Sugars: Baking

Starchy & Sugary Carbohydrates: Making Dough/Kneading

Foods From Around The World



Fruit & Veg

Protein: Cooking Methods

Dairy: Measuring

Health & Safety The 4Cs, Knife & Appliance Skills

YEAR 8



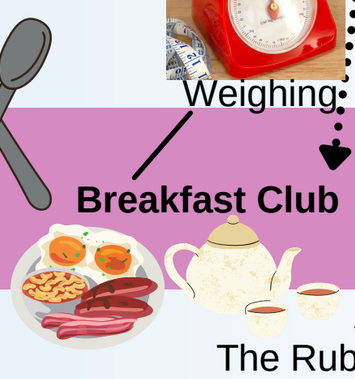
Making Dough/ Kneading

The British Picnic

Healthy Food Bank



Weighing



Breakfast Club

Beginners Baking Band

YEAR 7

Health & Safety The 4Cs, Knife & Appliance Skills

Food Preparation, Skills and Cooking Techniques



Quick Lunches

Using a Hand Blender and Hob



The Rubbing-In Technique



Using The Cooker



Sign up to ADT club to develop key skills in Art, Textiles, Photography, Food and DT!

Weekly Enrichment Sessions

ADT Club

KS3 Baking Club