

**Subject**

Food and Nutrition

**Curriculum Lead**

Antoinette Kodi-Pecku

***'You see students cooking – We see Reading, Measuring, Maths, following directions, collaboration, listening skills, resilience building and problem solving'.***  
**Stephanie Edmond**



### **Curriculum Intent Summary:**

At The Ursuline Academy Ilford (UAI), our Food Nutrition and Preparation program aims to foster a sense of curiosity and deeper understanding among our students about the world around them, particularly in relation to the products they use and the food they consume. We believe in encouraging our students to explore and critically analyse various aspects of food; including the functions and properties of ingredients they utilize, the nutritional benefits derived from what they eat, as well as the social and moral conflicts that often arise in the realm of food production and processing.

Through a combination of theoretical knowledge and practical experiences, we equip our students with the skills and confidence required to navigate technical processes and effectively operate and use kitchen tools and equipment. The hands-on nature of our curriculum structure not only enhances their culinary skills but also nurtures their problem-solving abilities, creativity and adaptability in a kitchen environment. By actively engaging in food preparation and experimentation, students gain a deeper appreciation for the art and science of cookery from their Key Stage 3 (KS3) years through to Key Stage Four (KS4) and beyond.

Furthermore, our ultimate goal is to instil a lifelong passion for cooking and understanding food within our students. We strive to cultivate a love for the culinary arts that extends beyond the classroom and into their personal lives. By fostering this enduring enthusiasm, we hope to empower our students to make informed and mindful decisions about their own dietary choices and inspire them to explore diverse cuisines and culinary traditions throughout their lives.

In summary, Food Nutrition and Preparation at UAI aims to go beyond the surface-level understanding of food. We aspire to develop critical thinkers who not only possess practical skills but also possess a profound appreciation for the broader implications of food, nutrition and the culinary world as a whole.