

Food Preparation & Nutrition Curriculum

INTENT

The vision for the Food & Catering curriculum is to foster a culture of healthy eating habits and practical cooking skills among students. The curriculum aims to develop students' practical abilities, deepen their understanding of nutrition and balanced diets, and encourage an appreciation for diverse food cultures and sustainable food practices. Through engaging, hands-on learning, students also build teamwork, creativity, and critical thinking skills. At Key Stage 4, the inclusion of Hospitality and Catering further enhances the curriculum by providing learners with real-world industry knowledge, vocational relevance, and preparation for future careers in the hospitality sector. This comprehensive approach equips our students with the knowledge, skills, and cultural capital to succeed in life.

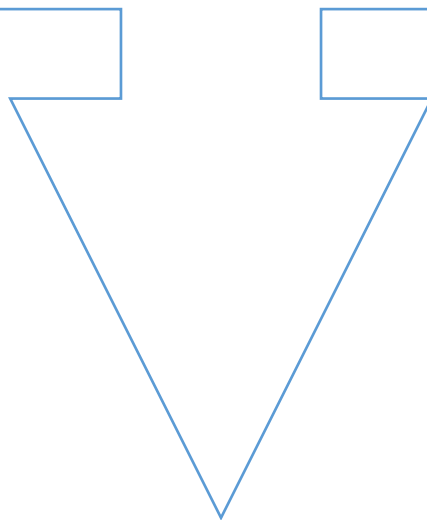
IMPLEMENTATION

Our mastery curriculum aims to develop students' deep understanding of food preparation, nutrition, and the wider context of the hospitality and catering industry. It is designed to promote practical cooking skills, critical thinking, and scientific inquiry, while fostering essential life skills.

At Key Stage 3, students engage in a broad range of practical cooking sessions, allowing them to apply their knowledge, develop confidence in the kitchen, and prepare healthy, balanced meals. These lessons are enriched with food science experiments to explore the chemical and physical changes that occur during cooking—deepening students' understanding of ingredients and cooking processes. Nutrition education is interwoven throughout, focusing on healthy eating, portion control, and informed food choices, including environmental impacts of food production and sustainability. Collaborative cooking activities are used to develop teamwork, communication, and problem-solving skills, encouraging students to work effectively in real-world kitchen scenarios. The curriculum is carefully sequenced to build knowledge and skills over time, ensuring that students grow in both competence and confidence.

At Key Stage 4, students follow the Eduqas Level 1/2 Vocational Award in Hospitality and Catering. This course enhances their practical learning with vocational insight, focusing on the hospitality industry, customer needs, food safety, and professional standards. Students complete both controlled assessments and external exams, and benefit from exposure to industry practices through demonstrations, guest speakers, and potential work-related opportunities.

Overall, the curriculum is designed to promote healthy lifestyles, empower students with lifelong cooking skills, and prepare them for further education or careers in the food or hospitality sectors.





IMPACT

The Food Preparation & Catering curriculum positively impacts students by equipping them with practical skills, nutritional knowledge, and a deeper understanding of the food and hospitality industry. Through regular hands-on cooking sessions, students build competence and confidence in preparing healthy, balanced meals. Their understanding of nutrition, portion control, and the environmental impact of food choices enables them to make responsible, informed decisions that support lifelong health and well-being.

Collaborative cooking activities develop key personal and professional skills, including teamwork, communication, and problem-solving. Students also gain cultural awareness and an appreciation for global cuisines and sustainable food practices. At Key Stage 4, those studying the Eduqas Vocational Award in Hospitality and Catering are further empowered through industry-relevant knowledge and experience, supporting pathways into further education or employment.

The curriculum fosters a strong sense of responsibility and engagement within the community, promoting healthier lifestyles and environmental awareness. Ongoing assessment, reflection, and evaluation ensure continuous improvement and that all students reach their full potential. Ultimately, the curriculum nurtures confident, capable individuals prepared to thrive both personally and professionally.

CASE STUDIES – Food & Catering

Meet: **Georgie Risdon (Year 11 student)**

Georgie started at Brixham College in year 7 and has thoroughly enjoyed her food and catering lessons throughout her time at the college. Georgie opted for Catering at GCSE because she felt that the practical subject would “build my confidence within myself and in my cooking ability”. She particularly enjoyed the practical lessons and learning new higher ability skills “Such as pasta making, filleting chicken and meringue making”.

Meet: **Frankie Horton (Year 11 Student)**

Frankie has spent the last 5 years at Brixham College, starting in 2020 Throughout Key Stage 3 Frankie enjoyed his Food lessons, “there was lots of practical lessons”. He decided to pursue Catering at GCSE because, “I Enjoy eating and cooking food”, Frankie was surprised at how much cross curricular links there were in Food & Catering, “it’s not just cooking, there’s loads of Biology and Chemistry involved, along with Maths, English, languages, Sport and Geography”. Frankie has enrolled on a college course for Sport “but at least I can cook”.

Meet: **George Squires (Year 11 Student)**

George started at Brixham College in 2020. George opted for Catering at GCSE because “I enjoyed the practical’s, and I felt that taking the GCSE would build my skills and help a potential career in Catering”. George controversially said, “I really enjoyed the NEA 2 practical assessment (examination) where I had to prepare and serve a three-course meal, within a budget and to restaurant quality in a limited time, I got a real buzz from it”. George is hoping to attend College in September and enrol on the hospitality & catering course.