

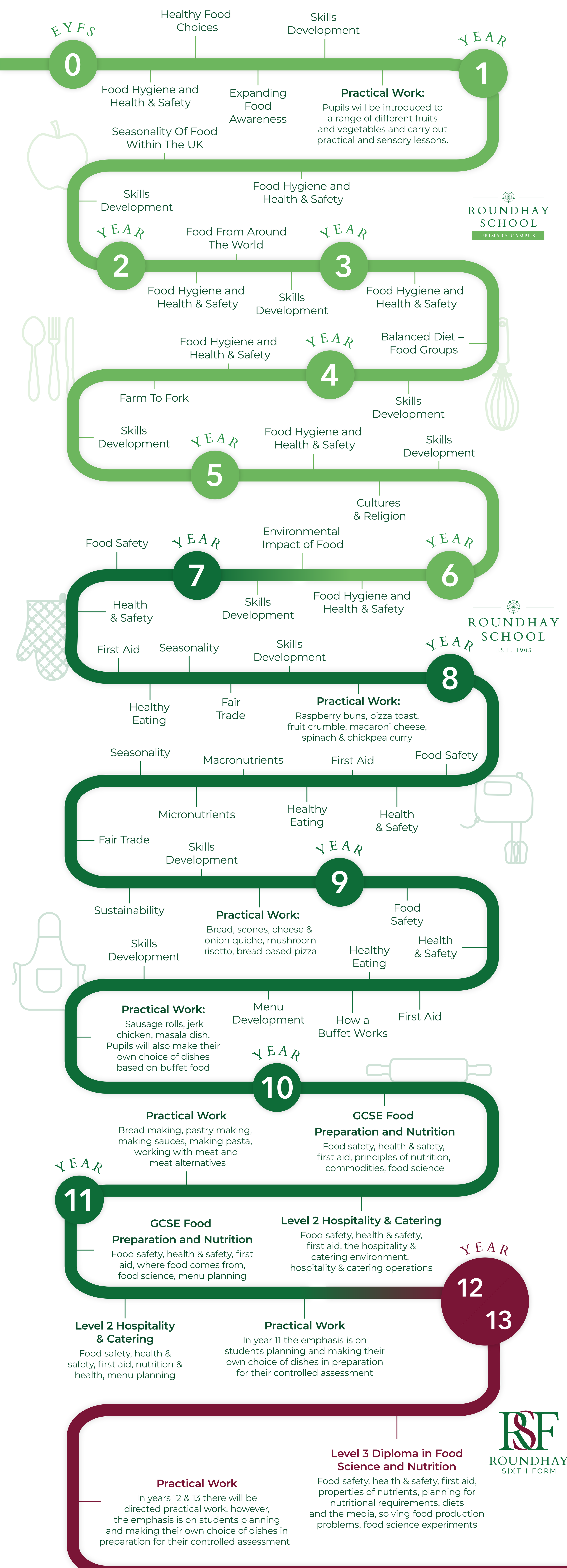
COOKING, NUTRITION & CATERING

Subject Vision

Cooking, Nutrition & Catering is an inspiring and rigorous subject that teaches students the knowledge and practical skills that they need in order to produce wholesome, healthy meals competently and safely.

Aims:

- understand and apply the principles of nutrition and learn how to cook
- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet
- become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]
- understand the source, seasonality and characteristics of a broad range of ingredients.
- develop vocational knowledge to support future study & careers
- develop academic knowledge which will give students a wide scope of choices for their future.
- promote a life-long love of cooking, nutrition and food science



GCSE Exam Board: EDUQAS

Level 2 Exam Board: WJEC Level 2 Award in Hospitality & Catering

A Level Exam Board: WJEC Level 3 Diploma in Food Science and Nutrition