

Food Preparation and Nutrition

At Settlebeck School, our Food Preparation and Nutrition curriculum is designed with a steadfast commitment to fostering a holistic understanding of food, nutrition, and culinary skills. Rooted in the principles of health, wellbeing, and practical life skills, our curriculum seeks to empower students to make informed choices about the food they eat, develop essential cooking skills, and cultivate a lifelong appreciation for nutrition.

Our overarching intent is to provide a comprehensive educational experience that equips students with the knowledge, understanding, and practical abilities necessary to lead healthy and sustainable lifestyles. Through a blend of theoretical learning and hands-on practical experiences, we aim to instil a passion for food that extends beyond the classroom and into the everyday lives of our students.

Rooted in the National Curriculum, our intent is to provide a dynamic and enriching learning experience that develops an understand of:

- health and wellbeing
- food and nutrition
- practical culinary skills
- creativity
- nutritional literacy
- sustainability
- cultural and global awareness

Throughout their culinary journey it is our aim to encourage independent learning by providing opportunities for students to plan, prepare, and evaluate their own meals. This promotes a sense of responsibility and autonomy in making food choices.

By the end of the Food Preparation and Nutrition curriculum at Settlebeck School, our students will emerge not only with practical cooking skills and a deep understanding of nutrition but also with a passion for making informed, healthy, and sustainable choices that positively impact their lives and the broader community.