

Curriculum Intent:

Food is a vital part of our daily lives and is essential for life.

As our students become adults they will inevitably have busy lives whereby it would be easy for them to choose food which has been ready prepared. However, it is more nutritious and often cheaper to cook simple, delicious food. At Christ's College, we want pupils to recognise that they are made in God's image and therefore need to care for themselves as God intended us to do so. Students will develop their knowledge and understanding of healthy eating, nutrition, food origin, food preparation, hygiene, cooking techniques, and sensory characteristics which will help them to achieve this. Through these key concepts, we aim to give our students vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life.

We also encourage the development of our core virtues in a safe environment, allowing students to demonstrate resilience and act on feedback.

We also aim for students to understand the role of food and cooking in society: We aim to develop understanding that will allow students to become conscious consumers of food products, enabling them to participate in society in an active and informed manner. We will encourage students to understand the environmental factors which affect the inequalities in food distribution on a global scale and give them an understanding of the need to minimise 'food waste' starting with their own practice. We aim to allow students to explore a number of multicultural perspectives concerning food. The local area does not have huge pockets of multiculturalism therefore we aim for students to enhance their understanding, appreciation and acceptance of people from a variety of cultural backgrounds through the preparation of food from different countries this should also encourage our students to develop an awareness and acceptance of diversity within our community.