

Food Preparation & Nutrition

“Give a man a fish, and you feed him for a day; show him how to catch fish, and you feed him for a lifetime.”

Summerhill students will be **valuable members of society**

Students will plan, prepare, cook, and present a variety of healthy and affordable dishes suitable for varying ages, stages, and cultural cuisines.

They will learn how multicultural foods affect our everyday food choices and the global, economic, religious, ethical, and socio-cultural influences on food availability.

Understanding food provenance, seasonality, and characteristics of a broad range of ingredients, will enable students to make informed decisions and instil a passion for healthy lifestyle.

Summerhill students will be **great communicators**

Students will research, discuss, debate and present information linked to current local and international food preparation and nutritional issues.

They will evaluate their work against given briefs, consider the views of others and compare with existing products, suggesting improvements using the relevant subject specific terminology.

Students will produce aesthetically pleasing dishes by communicating creative ideas through food styling and presentation techniques.

Summerhill students will be **knowledgeable**

Students will have the knowledge, understanding and skills required, to apply the principles of food science, nutrition, and food safety and to adapt recipes based on available ingredients to suit a wide range of dietary needs, life stages and cultural cuisines.

They will be competent in food preparation and cooking techniques, progressing from basic to higher-level skilled dishes and will be equipped to apply and cement their knowledge considering ethical and moral issues when making choices.

Our curriculum is underpinned by four key values:

- Courage** – doing what is right; being truthful; trying new experiences; taking risks in the pursuit of personal development
- Ambition** – having the highest aspirations and expectations of ourselves and others; being brilliant in all we do; having a belief that challenges can be overcome with the right attitude and hard work
- Respect** – thinking about the way we interact with others; being considerate to ourselves, others and the environment; responding to expectations and working together in teams
- Effort** – investing time and energy to achieve success; always giving our best in everything we do; demonstrating resilience through challenging times.