



SKEGNESS ACADEMY

Welcome to Food and Nutrition



Meet the Team

Head of Faculty: Miss V Thompson

Teachers: Mr C Benson, Ms S Eaton

Non-Teaching Staff: Mrs M Lewis

What will you learn in Y7?

Everyone comes into Year 7 with different cooking abilities and knowledge about nutrition and that is absolutely fine. We understand that at primary school you may have done a lot of Food and Nutrition, you may have done Food and Nutrition sometimes, or you may not really have done it at all. To ensure that you learn everything you need to, you are going to four key areas.

- **Area 1 – Kitchen Safety**

You are going to learn how to keep yourself and others safe in the kitchen when you are cooking. You will learn chopping techniques that will help keep you safe whilst making a range of dishes.

- **Area 2 – Practical Skills**

You will be making a range of dishes including a fruit salad, pasta salad and muffins. You will be making these independently under the supervision of Mr Benson and Mrs Lewis. Don't worry about getting the ingredients, we will do that, you will need to bring in a container to take your wonderful dishes home.

- **Area 3 – Basic Nutrition**

Learning how to make dishes and how to stay safe is important, but so too is learning about what these foods do in your body. Learning about how we need a wide range of different nutrients to stay fit and healthy.

- **Area 4 – The Science Behind The Food**

A big part of this subject is learning about the functional and chemical properties of food and ingredients. In Year 7 you will be exploring what enzymatic browning is and how we can prevent it.

The most important thing about your journey with Food and Nutrition is that wherever your starting point may be, that by the end of your career at Skegness Academy you feel as though you got better.

You will notice our learning journey above looks like a long snake. Our journey isn't one long road ours is one where we revisit destinations; and build on previous knowledge learnt all the way through, even into year 11. . That is why we decided to use this as a way of showing you what you will study over the next five years with us.

Your journey with us will be starting soon and at the beginning you will be emerging in the skills that you use but by the end of it you will have built confidence and have achieved independence, ready for the next stage of your learning pathway.