

# Food

An example of how the subject of food preparation and nutrition contributes to Personal Development is by informing and encouraging discussion around the epic topic of healthy eating for a healthy lifestyle. We cover all sections of the national curriculum and the core competences for food teaching, the students learn from year 7 and all the way through to year 11 the elements of a balanced diet. We complete practical sessions based around recipe modification to make food products healthier.

Nutrition is covered in depth, where we look at macro and micro nutrients and what impact they have if there is a deficiency or excess. This leads to what long term health conditions there are, how they are caused and therefore how they can be prevented. Topics include fat in the diet, consumption of sugar, importance of protein and carbohydrates.

We promote equality and diversity in food preparation and nutrition by learning about food and the reasons for food choice, e.g. different religions and cultures and chosen diets like vegetarian and vegan.

All students have their ingredients paid for by school to remove any barrier to learning.

# Technology

An example of how construction and the built environment contributes to Personal Development is largely in the safety and security section of the course, hazards and how to prevent accidents is discussed with key learning on how to minimise risks and keeping safe.

Job roles are covered within the construction industry and gender equality is promoted.