

Food Preparation and Nutrition

Cooking is always being developed; it is exciting to see how much it has changed through the years, and to look forward to what is yet to come. With such diverse cooking programmes available, we can be inspired to use new ingredients and try out new recipes from chefs from all over the world.

Food Preparation & Nutrition at Northampton High School is a cross-curricular subject. From food provenance to experimenting with quantities and variations of ingredients, students will find elements of a range of subject areas in lessons.

Key Stage 3

At Key Stage 3, pupils learn a variety of skills, including chopping techniques, cooking raw meat, poultry or meat alternatives, making a thickened sauce, and how to use the hob and oven safely. Whilst the first year of KS3 focuses on baseline cooking skills and knowledge, in Year 8 and 9 there are multi-cultural projects where pupils cook dishes from around the world



and explore traditional dishes from different countries.

Modification of recipes is really encouraged to show creativity and to cater for personal preferences or dietary needs. Collecting feedback from family and friends through Prep tasks really allows Food to be discussed at home and helps to instil a love of cooking.



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In order to showcase the talented chefs and bakers we have in school, competitions are held throughout the year, both internally and externally, including the Rotary Chef Competition and the High School Bake Off. This provides an opportunity to develop and challenge students' cooking and baking skills. We have recently worked with a local branch of Waitrose to hold a fish filleting demonstration, including a session where KS4 pupils were able to observe a trained specialist skinning and filleting fish, and were then supported whilst they had a go themselves.



Key Stage 4

Food students at GCSE learn to demonstrate a range of high-quality skills, for example: portioning a chicken, filleting a fish and making homemade butter and mozzarella. These skills are learnt in preparation for their second Non-Examined Assessment (NEA) in Year 11, which is a three-hour cooking exam, counting towards their final grade.

“I love learning about different food cultures. Cooking is a valuable life skill.”
- Kirsty, Year 10

The first NEA is a food science investigation, where pupils are required to carry out food related experiments and write up their findings in a report. Through the theory element of the course, we learn about processes, classifications, food science, the function of ingredients, and also ethical issues such as GM foods, fish farming and animal welfare.

We go on an annual day trip where students can see what products and ingredients are available on the market and are inspired by chef demonstrations.



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