

KS3 Nutrition Curriculum

The ethos behind nutrition here at Astrea Academy Dearne is to provide students with opportunities to learn about how to make dishes from scratch and to taste different foods they may not have, or be reluctant to try. Learning about where our food comes from, what is in our food and the dangers of eating the wrong foods is a key focus throughout the students' learning. Our aim is to equip students with the skills they will need to cook healthy food and make healthy choices that they will hopefully use throughout their lives. With this, students are encouraged to open their minds to exploring and becoming more adventurous with food in order to help change bad habits and make better choices.

The things we have covered so far are: chopping methods, making pasta sauce from scratch, spaghetti bolognese, cottage pie, and now we are covering the importance of breakfast and reducing our sugar intake. Students are learning about different cooking methods using eggs and have the opportunity to taste some homemade, low sugar cereal bars.

This is currently offered to all KS3 students and they have their nutrition once per fortnight.

