



OCL Food & Nutrition Curriculum: Statement of Intent

Purpose of study

Food and nutrition sit at the heart of human existence and play a pivotal role in setting up young people to live healthy and happy lives. Our food curriculum is not simply about cooking, but about helping students understand how and why food is prepared in the manner it is, with regular and robust links back to healthy eating and broader cultural influence. We also pride ourselves on the level to which our curriculum builds student understanding of food science. It is not enough for students to purely follow recipes. We want them to know why certain processes are followed over others, and how these chemical reactions work to influence flavour, texture, and taste. These strands of healthy eating, food science, and food culture are built over time, influencing the practical that we ultimately undertake. In these, motor skills are developed over time so that students become increasingly confident cooks.

At the heart of our educational philosophy lies the belief that food is not just sustenance but a profound expression of culture, health, and sustainability. Our Food Curriculum is designed to empower students with essential knowledge and skills to make informed choices about food, develop a deep appreciation for culinary traditions, and cultivate lifelong habits of mindful eating and responsible food practices.

We value character, competence, and community in our curriculum:

Character: Helping students to live healthy, balanced lives, revolving around an understanding of the power that healthy nutrition can give.

Competence: Giving students the understanding of how and why food looks and tastes the way it does. This level of agency is married with a grasp of increasingly complex motor skills that eventually allow students to become creative cooks.

Community: Inviting students into a global food community where they are not alienated but inspired.





Our curriculum aims to achieve the following objectives:

Core Concept	Big idea
Cultural Appreciation	We recognize the rich diversity of culinary traditions worldwide. Through our curriculum, students will explore the cultural significance of food, including its role in celebrations, rituals, and daily life. By understanding different cuisines and culinary practices, students will develop empathy, tolerance, and respect for cultural diversity.
Nutritional Literacy	In an age where nutrition-related diseases are prevalent, it is imperative for students to acquire essential knowledge about balanced diets, nutritional requirements, and the impact of food choices on health. Our curriculum will provide students with the tools to critically evaluate food labels, understand dietary guidelines, and make informed decisions to promote their well-being.
Cooking Skills and Techniques	Practical culinary skills are essential for students to become confident and competent in the kitchen. Through hands-on experiences, demonstrations, and guided practice, students will learn fundamental cooking techniques, such as knife skills, food preparation, cooking methods, and food safety protocols. These skills will empower students to prepare nutritious and delicious meals from scratch.
Sustainability and Food Systems	The food choices we make have far-reaching environmental, social, and economic implications. Our curriculum will explore the complex interconnections between food production, distribution, consumption, and waste. Students will investigate topics such as food miles, carbon footprint, ethical sourcing, and the importance of supporting local and sustainable food systems.
Critical Thinking and Problem-Solving	Food issues are multifaceted and often contentious. Our curriculum will encourage students to critically examine food-related issues, such as food insecurity, food justice, GMOs, food labelling, and food marketing practices. Through research, analysis, and debate, students will develop the critical thinking skills necessary to navigate the complexities of the modern food landscape.
Culinary Creativity and Innovation	Food is a medium for creative expression and innovation. Our curriculum will inspire students to experiment with flavours, ingredients, and cooking techniques, fostering their creativity and imagination in the kitchen. Through culinary projects, recipe development, and food presentations, students will unleash their creativity while honing their culinary skills.
Community Engagement and Advocacy	Food has the power to bring people together and drive positive change in communities. Our curriculum will encourage students to engage with their local food community through field trips, guest speakers, and volunteer opportunities. By participating in food-related initiatives and advocacy efforts, students will become agents.