

PADGATE ACADEMY

Insall Road, Warrington WA2 0LN

Telephone: 01925 822 632

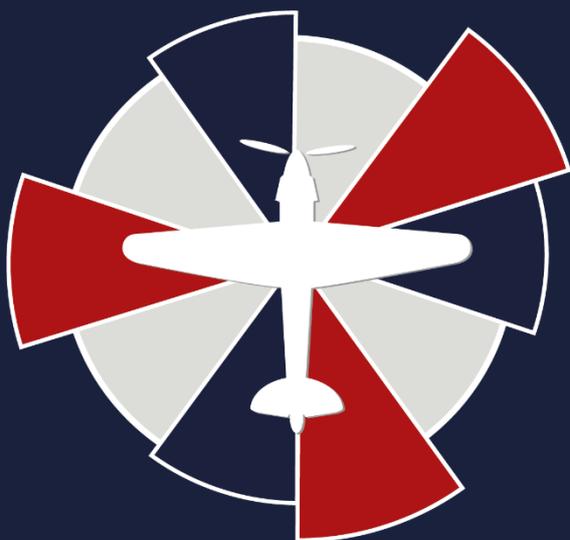
info@padgateacademy.co.uk

www.padgateacademy.co.uk

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Principal: Mr A McMillan Bsc (Hons)

Cooking and Nutrition





Cooking and Nutrition at Padgate Academy

Vision

In Cooking and Nutrition, we aim to ignite a passion for cooking and equip students with a crucial life skill that supports their long-term health and wellbeing. Through practical and theoretical experiences, students develop the ability to make informed decisions about food and healthy lifestyle choices. The subject fosters creativity, confidence, and independence, all while promoting a deeper understanding of nutrition, sustainability, and the importance of food provenance. Our vibrant learning environment encourages curiosity, collaboration, and an appreciation of the role food plays in cultural identity, community, and daily life.

Curriculum Intent

Our Cooking and Nutrition curriculum is designed to develop essential life skills that enable students to live independently, make healthy dietary choices, and develop a broader understanding of the global food system. Students gain knowledge and experience in food preparation, hygiene, nutrition, and sustainability, which underpin their ability to cook with confidence and think critically about what they eat.

The curriculum is inclusive and aspirational, ensuring students of all backgrounds are supported and challenged. It is aligned with the national curriculum framework and enhanced with wider opportunities to enrich student learning both inside and outside of the classroom.

We strive to foster a love for learning through Cooking and Nutrition by encouraging curiosity and creativity through hands-on, practical learning experiences. Our curriculum promotes resilience, independence, and problem-solving, helping students to grow in confidence. Students are taught essential practical skills in food preparation and safety, enabling them to cook with competence and care. We place a strong emphasis on teaching respect for diverse cultures, ingredients, and dietary needs, helping students to appreciate food's role in different communities. Furthermore, we explore the environmental, ethical, and social impacts of food choices, encouraging students to think critically about sustainability about food production.

Peer and self-assessment are embedded in the learning process to help students reflect critically on their own cooking skills and evaluate the work of others. These strategies support a positive and inclusive classroom environment where students feel confident to take risks, offer constructive feedback, and act on advice to improve their practical techniques and presentation.

Implementation

Our Cooking and Nutrition curriculum is thoughtfully sequenced to ensure progression across Key Stages. Students begin with fundamental skills in hygiene and basic food preparation before advancing to more complex recipes and in-depth exploration of nutrition and food safety.



Key elements of implementation include:

- Progressive, well-structured schemes of learning that build on prior knowledge.
- A strong emphasis on food safety, practical skills, and healthy eating.
- Opportunities to plan, prepare, and evaluate dishes in a safe, well-equipped environment.
- A focus on inclusive teaching strategies to ensure all learners thrive.
- Cross-curricular links with Science, Geography, and PSHE to deepen understanding.
- Regular opportunities for peer and self-assessment to foster reflection and improvement.

Impact

Cooking and Nutrition has a lasting impact on students' personal development and future prospects. It builds practical competence and self-reliance, enabling students to make healthier food choices and live more sustainably. Through active engagement in planning, preparing, and evaluating meals, students grow in confidence, creativity, and critical thinking.

The subject cultivates:

- Independence and responsibility through meal planning and preparation.
- Strong communication and teamwork skills developed through group tasks.
- A deeper understanding of health and nutrition that supports lifelong wellbeing.
- A practical awareness of budgeting, portion control, and food waste reduction.

Character Development through Cooking and Nutrition

Cooking and Nutrition offers unique opportunities for character development. Students learn patience, time management, and the value of perseverance through the practical demands of food preparation. They develop empathy by understanding diverse dietary requirements and global food issues. Working in shared kitchen environments fosters respect, teamwork, and cooperation — essential traits for thriving both in school and beyond.

Through the cooking process, students also build resilience, adaptability, and pride in their accomplishments, all of which contribute to shaping confident, capable individuals ready to contribute positively to society.

Enrichment & Cultural Capital

We offer a range of enrichment opportunities to expand students' culinary experience beyond the classroom. These include:

- After-school cooking clubs that allow students to explore global cuisines and advanced techniques.
- Students take on responsibility for preparing and cooking for themed events such as the Christmas Afternoon Tea, Sports Personality of the Year, and Open Evening, allowing them to showcase their skills in real-world settings.
- Educational visits, to hotels and career talks that explore the hospitality and catering industry
- External cooking competitions and showcases where students can share their skills with peers in collaboration with Springboard Future chef

Cooking and Nutrition contributes significantly to cultural capital by introducing students to diverse food cultures, ethical issues around food production, and the importance of local and



sustainable sourcing. These experiences broaden students' worldviews and help them develop into informed, thoughtful consumers and global citizens.

Careers and Next Steps

Our curriculum supports students in identifying and preparing for a wide range of future pathways in the food and hospitality sectors. Students gain insight into careers such as:

- Chef or pastry chef
- Nutritionist or dietitian
- Food scientist or product developer
- Environmental health officer
- Hospitality manager
- Food journalist or stylist

Through visits to catering colleges, guest speakers from the industry, and participation in enterprise projects, students understand the breadth of opportunity available to them. They leave with transferable skills that are valued across many sectors — including problem-solving, time management, teamwork, communication, and attention to detail.

Even for those who do not pursue a food-related career, the knowledge and practical skills gained in Cooking and Nutrition provide an invaluable foundation for living healthy, independent lives.