

Catering

Intent

At Mount Tamar School, the Catering curriculum equips students with the knowledge, understanding and practical skills needed to make informed decisions about food, nutrition, health and sustainability. Through engaging and progressive learning experiences, students develop confidence in planning, preparing and evaluating food while gaining an understanding of healthy eating, food science and food provenance. The curriculum combines theoretical knowledge with practical application, developing essential life skills, resilience and independence. Students are encouraged to be creative, curious and adaptable, exploring a range of ingredients, cuisines and cooking techniques from around the world. Our aim is to develop confident, capable cooks who can prepare nutritious meals safely and independently, enabling them to lead healthy lives and become responsible consumers.

Implementation

The Catering curriculum is delivered through a carefully sequenced programme of learning that develops knowledge and practical skills from Key Stage 3 through to Key Stage 4. Students participate in a balance of practical cooking activities and theory-based learning, enabling them to understand both the principles and application of food preparation. Teaching is supported through live modelling, guided practice and regular assessment, including practical demonstrations, skill-based tasks and evaluations. Students study six curriculum units each year, progressively building their understanding of nutrition, food science, food provenance and food choice while developing increasingly advanced culinary skills. The curriculum celebrates cultural diversity through the exploration of cuisines from around the world. At Key Stage 4, students refine their practical expertise and prepare for the BTEC Home Cooking Skills qualification. Literacy development is embedded through recipe interpretation, written evaluations and the use of subject-specific vocabulary. Food safety and hygiene are taught throughout, ensuring students develop safe working practices alongside confidence and independence in the kitchen.

Impact

Through Catering, students develop the knowledge and practical skills needed to cook safely, make healthy lifestyle choices and understand the wider impact of food on health, wellbeing and sustainability. They learn not only how to cook, but also why food behaves as it does and how informed food choices can positively influence their lives. Students leave the curriculum able to plan, prepare and adapt a range of nutritious meals independently. They develop resilience, creativity, problem-solving skills and confidence through experimentation, evaluation and refinement of their work. Ultimately, every student gains the skills and confidence to feed themselves well, manage increasing levels of independence and apply these essential life skills throughout adulthood.