



Northumberland's P.R.U.

FOOD TECHNOLOGY



At Northumberland PRU Food Preparation and Nutrition aims to equip learners with the knowledge, understanding and skills required to cook for themselves and apply some of the principles of nutrition and healthy eating. It encourages students to both cook food and make informed decisions about a range of food related topics and food ethics as well as enabling them to feed themselves and others in a better way. As a result of studying this subject students are equipped to make better food choices and understand healthy eating which will have a positive impact on their wellbeing both now and in their future life.



NUTRITION



HEALTHY
EATING



FOOD
ETHICS



FEEDING
OTHERS



KNOWLEDGE

Understand food
and nutrition



SKILLS

Develop practical
cooking skills



CONFIDENCE

Make informed
food choices



WELLBEING

Support a healthy
lifestyle



FUTURE READY

Skills for life,
now and beyond

*Good food.
Good mood.
Good life.*

