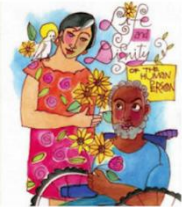





## Catholic Social Teaching in Food and Nutrition

	<b>KS3</b>	<b>KS4</b>	<b>KS5</b>
<p><b>Life and Dignity of the Human Person</b></p> <p><i>All created in the image and likeness of God</i></p> 	<p><b>All KS3</b> – teaching all to cook and to feed themselves nutritiously. <b>Year 7</b> – Eat well Guide <b>Year 8</b> – 8 tips for a healthy lifestyle <b>Year 9</b> – Eat well Guide / 8 Tips for a Healthy Lifestyle / Fair Trade</p> <p>Teaching about healthy eating, hygiene, and nutrition promotes respect for the body as a gift from God.</p>	<p><b>All KS4 classes</b> – teaching all to cook and to feed themselves nutritiously.</p> <p><b>GCSE FP&amp;N</b> – Food Choice Unit, Fair Trade / Food Nutrition &amp; Health Unit</p> <p>Understanding the impact of diet on physical and mental health reinforces the sacredness of life.</p>	<p><b>All KS5 classes</b> – teaching all to cook and to feed themselves nutritiously. <b>Level 3</b> – human nutrition (Unit 1)</p> <p>Understanding the impact of diet on physical and mental health reinforces the sacredness of life.</p>

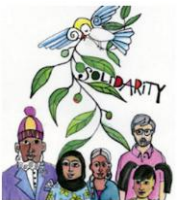


## Catholic Social Teaching in Food and Nutrition

	<b>KS3</b>	<b>KS4</b>	<b>KS5</b>
<p><b>Call to family, community and participation</b></p> <p><i>Whatever is needed for each person to flourish</i></p> 	<p><b>All KS3</b> - Cooking dishes from a range of cultures  <b>All KS3</b> – teaching all to cook and to feed themselves nutritiously.</p> <p>Exploring food customs and celebrations builds appreciation for diverse family and community practices.</p>	<p><b>All KS4 classes</b> – cooking dishes from a range of cultures.  <b>All KS4 classes</b> – teaching all to cook and to feed themselves nutritiously.</p> <p><b>GCSE FP&amp;N</b> – Food Choice Unit, Fair Trade.  <b>GCSE FP&amp;N</b> – nutritional needs of individuals  <b>BTEC</b> – budgeting &amp; economising  <b>BTEC</b> –_community tea party</p> <p>Exploring food customs and celebrations builds appreciation for diverse family and community practices.</p>	<p><b>All KS5 classes</b> – cooking dishes from a range of cultures.  <b>All KS5 classes</b> – teaching all to cook and to feed themselves nutritiously.  <b>Level 3</b> – nutritional needs of individuals</p> <p>Exploring food customs and celebrations builds appreciation for diverse family and community practices.</p>

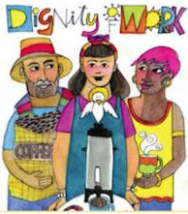


## Catholic Social Teaching in Food and Nutrition

	<b>KS3</b>	<b>KS4</b>	<b>KS5</b>
<p><b>Solidarity</b></p> <p><i>Not just doing things for other people but acting with them to build a more just world together</i></p> 	<p>All KS3 - Cooking dishes from a range of cultures All KS3 – working in pairs and groups to build confidence and communication skills All KS3 – socially eating together, celebrating outcomes positively, creating a positive environment.</p> <p>Exploring global cuisines and food customs fosters respect and unity. Lessons on fair trade and global food systems promote justice and solidarity.</p>	<p>GCSE FP&amp;N – Food Choice Unit, Fair Trade. All KS4 – working in pairs and groups to build confidence and communication skills</p> <p>Exploring global cuisines and food customs fosters respect and unity. Lessons on fair trade and global food systems promote justice and solidarity.</p>	<p>All KS5 – working in pairs and groups to build confidence and communication skills KS5 Homeless Sleepout – providing food for the Homeless Sleepout event.</p> <p>Exploring global cuisines and food customs fosters respect and unity. Lessons on fair trade and global food systems promote justice and solidarity.</p>



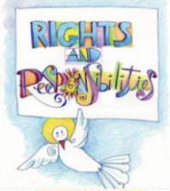
## Catholic Social Teaching in Food and Nutrition

	<b>KS3</b>	<b>KS4</b>	<b>KS5</b>
<p><b>The dignity of work and the rights of workers</b></p> <p><i>As far as possible, decisions should not be taken at the highest levels but by the people who are most affected</i></p> 	<p><b>All KS3</b> – using ingredients from a range of moral &amp; ethical sources e.g. free range / Fair Trade / Red Tractor / Sustainable Fishing / Rainforest Alliance</p> <p>Learning about food production includes respect for farmers, chefs, and food workers.</p> <p>Exploring food provenance and ethical sourcing highlights fair labour practices.</p>	<p><b>All KS4</b> – using ingredients from a range of moral &amp; ethical sources e.g. free range / Fair Trade / Red Tractor / Sustainable Fishing / Rainforest Alliance</p> <p><u>GCSE FP&amp;N</u> – Food Choice Unit / Food Provenance Unit</p> <p>Learning about food production includes respect for farmers, chefs, and food workers.</p> <p>Exploring food provenance and ethical sourcing highlights fair labour practices.</p>	<p><b>All KS5</b> – using ingredients from a range of moral &amp; ethical sources e.g. free range / Fair Trade / Red Tractor / Sustainable Fishing / Rainforest Alliance</p> <p>Learning about food production includes respect for farmers, chefs, and food workers.</p> <p>Exploring food provenance and ethical sourcing highlights fair labour practices.</p>



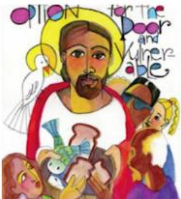


## Catholic Social Teaching in Food and Nutrition

	<b>KS3</b>	<b>KS4</b>	<b>KS5</b>
<p><b>Rights and responsibilities</b></p> <p>When one person has a right, others have a responsibility to uphold that right</p> 	<p><b>All KS3</b> – teaching all to cook and to feed themselves nutritiously.</p> <p>Lessons on food safety and hygiene teach responsibility for others' wellbeing.</p> <p>Understanding food labelling, allergens, and dietary needs promotes ethical responsibility.</p>	<p><b>All KS4</b> – teaching all to cook and to feed themselves nutritiously.</p> <p><b>GCSE FP&amp;N</b> – Food Choice Unit / Food Provenance Unit / Food Nutrition &amp; Health Unit</p> <p>Lessons on food safety and hygiene teach responsibility for others' wellbeing.</p> <p>Understanding food labelling, allergens, and dietary needs promotes ethical responsibility.</p>	<p><b>All KS5</b> – teaching all to cook and to feed themselves nutritiously.</p> <p>Lessons on food safety and hygiene teach responsibility for others' wellbeing.</p> <p>Understanding food labelling, allergens, and dietary needs promotes ethical responsibility.</p>



## Catholic Social Teaching in Food and Nutrition

	<b>KS3</b>	<b>KS4</b>	<b>KS5</b>
<p><b>Option for the poor and the vulnerable</b></p> <p><i>To choose to consider the needs of the poorest and most vulnerable people first</i></p> 	<p>All ingredients organised by Department, support given to students who financially struggle to contribute for ingredients.</p> <p>Discussions on food poverty and access to nutritious meals highlight social inequalities.</p> <p>Lessons on food banks, budgeting, and affordable nutrition promote empathy and action.</p>	<p>All ingredients organised by Department, support given to students who financially struggle to contribute for ingredients.</p> <p><b>BTEC HCS</b> – Economising <b>GCSE FP&amp;N</b> – Food Choice Unit.</p> <p>Charity events – Christmas Fair / Community Tea Party / Culture Day / Macmillan Coffee Morning</p> <p>Discussions on food poverty and access to nutritious meals highlight social inequalities.</p> <p>Lessons on food banks, budgeting, and affordable nutrition promote empathy and action.</p>	<p>All ingredients organised by Department, support given to students who financially struggle to contribute for ingredients.</p> <p>Charity events – Christmas Fair / Community Tea Party / Culture Day / Macmillan Coffee Morning</p> <p>Discussions on food poverty and access to nutritious meals highlight social inequalities.</p> <p>Lessons on food banks, budgeting, and affordable nutrition promote empathy and action.</p>