



South Dartmoor Community College

Executive Head teacher | Mrs J Veal
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Empowering everyone to be the best they can be.



30 September 2026

Dear Parent / Carer

REACH Catering Curriculum

We are pleased to be offering all Year 7 students the opportunity to take part in our **REACH Catering** curriculum. REACH takes place on Wednesday afternoons and every student will experience this six-week catering block between now and Easter.

The curriculum has been designed to develop students' confidence, independence and practical cooking skills while helping them understand the importance of healthy eating, nutrition and food safety. Through a range of practical cooking activities, students will learn valuable skills that they can apply both in school and at home.

During the six-week REACH Catering curriculum, students will follow a carefully planned learning journey, developing practical cooking skills alongside their understanding of nutrition, healthy eating, food safety and food science.

Week	Description
Week 1	Kitchen Safety and Food Preparation Skills. Students will learn how to work safely and hygienically in the kitchen. They will develop essential knife skills, including the safe use of bridge and claw grips, and practise a range of cutting techniques using vegetables.
Week 2	Healthy Eating and the Eatwell Guide. Students will explore the Eatwell Guide and learn how different food groups contribute to a healthy balanced diet. They will apply their food preparation skills while making a couscous salad.
Week 3	Energy and Food Choices. Students will learn how food provides energy for the body and why maintaining a healthy energy balance is important. They will develop their weighing, measuring and mixing skills while making fork biscuits.
Week 4	Nutrients for Health. Students will investigate the role of carbohydrates, proteins, fats, vitamins and minerals in maintaining good health. They will then apply their practical skills to prepare a scone-based pizza.
Week 5	Food Science and Fibre. Students will explore how cooking changes food and learn about the importance of fibre in a healthy diet. They will build on their food preparation and cooking skills while making a fruit crumble.
Week 6	Food Allergies and Special Dietary Needs. Students will learn about food allergies, intolerances and the importance of preventing cross-contamination. They will consider how recipes can be adapted to meet different dietary needs while making cheese twists.

Throughout the curriculum, students will develop a range of practical skills including safe food preparation, accurate weighing and measuring, cooking techniques and the safe use of kitchen equipment. They will also build confidence, resilience and independence through a series of increasingly challenging practical activities.

We are excited for all students to take part in this experience and look forward to seeing their knowledge, skills and confidence develop as they move through our REACH Catering curriculum.

Kind regards
Kerri McCarthy (KEM)

Assistant Head Teacher
RSL, Exams & Curriculum Leader
Science and Technology

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