

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.