

Pupils study Food Technology and Design & Technology at KS3.

## Design & Technology

This is an inspiring, rigorous and practical subject. Using creativity and imagination, pupils design and make products that solve real and relevant problems within a variety of contexts, considering their own and others' needs, wants and values. They acquire a broad range of subject knowledge and draw on disciplines such as mathematics, science, engineering, computing and art. Pupils learn how to take risks, becoming resourceful, innovative, enterprising and capable citizens. Through the evaluation of past and present design and technology, they develop a critical understanding of its impact on daily life and the wider world. High-quality design and technology education makes an essential contribution to the creativity, culture, wealth and well-being of the nation.

### Aims

All pupils:

- develop the creative, technical and practical expertise needed to perform everyday tasks confidently and to participate successfully in an increasingly technological world
- build and apply a repertoire of knowledge, understanding and skills in order to design and make high-quality prototypes and products for a wide range of users
- critique, evaluate and test their ideas and products and the work of others
- understand and apply the principles of nutrition and learn how to cook.

## Food Technology

'No matter where you are in the world, the common experience that brings us together is food.' Quinteros Michelle, pop culture and lifestyle writer

Food is fundamental to our existence. On the most basic level, the fuel that propels us through the day. It can be our downfall, without the skills and knowledge of food safety and hygiene. Ultimately, it has the opportunity of being our saviour. A discovery of culture, tradition and worship – family and friends come together to celebrate success over a meal, athletes achieve great things and solitary cooking can offer therapy.

A knowledge of food and cookery enables independence - it may be the knowledge that you can budget, shop and cook for yourself once you leave home or the initial passion and understanding to build a career in hospitality and catering, menu development or as a dietician. The opportunity to be creative and astound your family with your achievements is invaluable.

Pupils learn essential skills from food safety and hygiene to function and nutritional value of ingredients, producing a range of skilled dishes with pride.

By studying food technology pupils will be able to: demonstrate effective and safe cooking skills by planning, preparing and cooking a variety of food commodities whilst using different cooking techniques and equipment.

### Aims

- Develop knowledge and understanding of the functional properties and chemical characteristics of food as well as a sound knowledge of the nutritional content of food and drinks.
- Understand the relationship between diet, nutrition and health, including the physiological and psychological effects of poor diet and health.
- Understand the economic, environmental, ethical and socio-cultural influences on food availability, production processes, diet and health choices.
- Demonstrate knowledge and understanding of functional and nutritional properties, sensory qualities and microbiological food safety considerations when preparing, processing, storing, cooking and serving food.
- Understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international) to inspire new ideas or modify existing recipes.

### Food Technology Curriculum Overview

<b>Year 7</b>	<b>Nutrition and Healthy Eating</b> Including food hygiene and safety, nutrition and key nutrients, healthy eating, food labelling analysis, food science and practical skills to produce a range of dishes independently.
<b>Year 8</b>	<b>Making Choices</b> Including food assurance, foreign food research task, budgeting, functions of ingredients, science experiment and practical skills building on existing knowledge and skills to produce a range of dishes independently.
<b>Year 9</b>	<b>Diet and Diversity</b> Including factors influencing food choice, seasonality and food provenance, religious and cultural food choices, British food, sensory analysis, research project relating to teen diets and influence, as well as extending practical skills to produce a range of linked dishes independently