

Food Technology

In food technology, pupils learn about how to prepare simple meals and learn about the high standards of hygiene and safety practices, whilst teaching pupils to explore and produce healthy food products, transferring skills and knowledge to successfully make enjoyable, nutritious choices.

Food Technology in Key Stage 3

Pupils learn basic cooking skills and about how to make informed choices given the nutritional information and examples of products. Skills are introduced in a systematic way, so pupils gradually increase in competence. The aim is for pupils to be able to follow and adapt recipes, as well as being able to cook healthy food independently.

The 'Eatwell' guide will form the basis of many practical sessions and pupils look at how to have a balanced diet and how to include essential vitamins and nutrients in meals and snacks. Pupils also think about how to increase our fruit and vegetable intake and explore healthy wholemeal alternatives for snacks and lunches.

Pupils look at a range of diets, for example the vegetarian diet learn about the reasons a person may be vegetarian and discover some recipes that don't contain meat. Other special diets such as vegan, gluten-free, and lactose free are tried as this increases pupil understanding of special diets and allows them to taste some alternatives.

Moving on, pupils also explore diets and food types from around the world. We are learning about foods from China and India this term. We will taste and create our own Asian inspired dishes as well as looking at maps and a little bit of history to see where the foods originated from.



Food Technology in Key Stage 4

Pupils follow the Jamie Oliver Home Cooking Skills course, (<http://www.jamieshomecookingskills.com/>). Some pupils will have the opportunity to complete the BTEC Home Cooking Skills [Level 1] if appropriate.

By the end of the course the pupils should be able to use cooking skills to make home-cooked food that does not use pre-prepared ready-cooked food. Pupils learn how to select and prepare ingredients for a meal and use cooking skills when following a recipe. They have to demonstrate food safety and hygiene throughout the preparation and cooking process. Throughout the course pupils are learning the value of passing on information about home cooking.

As pupils move in to Year 11, they prepare for “farewell coffee morning” which pupils traditionally hold for staff. Pupils will learn about the different roles in a cafe set up, such as serving, taking orders, and of course the very important washing up. We will work as a team to prepare for and host an event to give the pupils a sense of pride in their own cooking and hosting skills.

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