



Curriculum Overview for Food Technology

Key Stage Three

We passionately want all our students to develop business critical skills in problem-solving, innovation and team-work. We strive to expose our students to a wide range of materials and design challenges to give them this opportunity. This includes working with wood, fabrics, and food on a carousel system. In addition, we work hard to deliver a clear message on healthy living and practical cooking skills.

During key stage three students will visit the food department and explore the function and scientific properties of core ingredients such as flour. They will learn to experiment with flavours to design and make their own healthy but imaginative dishes. We study the principles of diet and nutrition, and the importance of this to sustain a healthy body and mind.

Students develop a strong set of core cooking skills designed to prepare them for independent living in the future. Special diets are always accommodated and cooking is an integral and compulsory element of the curriculum.

GCSE Food Preparation & Nutrition

We currently deliver the EDQUAS curriculum for this GCSE. The final assessment is a combination of a written exam at the end of the course and two written pieces of work. The submitted controlled assessment tasks will combine the students' knowledge of ingredients and their practical cooking skills.

The studying of this course would enable the student to;

- 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
- 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.