

Subject Overview

Our Food Technology curriculum is designed to equip students with essential practical skills, theoretical knowledge, and the confidence to plan, budget, shop for, prepare, and enjoy nutritious meals. Through interactive and hands-on experiences, students will develop the ability to make informed and positive choices about the food they consume in their daily lives.

The curriculum aims to foster independence, creativity, and innovation, encouraging students to experiment with diverse ingredients, cooking methods, and global cuisines. It also integrates critical aspects of food safety, nutrition, and sustainability, promoting a holistic understanding of food and its significance.

Subject Areas

The Food Technology curriculum includes the following key areas:

food, nutrition, cookery skills, food provenance and food science

- **Food Preparation Skills and Cooking Techniques:** The foundation of culinary mastery, empowering students with the knowledge and confidence to execute essential cooking techniques. Students will engage in hands-on practice to develop technical skills, including knife handling, ingredient preparation, and various cooking methods such as baking, grilling, sautéing, and more
- **Kitchen Safety and Hygiene:** Students will develop a comprehensive understanding of food safety practices, including proper handling, storage, and preparation of ingredients. Emphasis will be placed on maintaining cleanliness and preventing cross-contamination in the kitchen.
- **Nutrition and Healthy Eating Principles:** Learners will explore the fundamentals of balanced nutrition using the Healthy Eating Guide, gaining the knowledge to create wholesome and nourishing meals. Lessons will highlight the importance of dietary diversity and mindful eating habits.
- **Food Science:** By studying the scientific principles underlying cooking processes, students will deepen their understanding of how ingredients interact and transform during preparation. This includes exploring the chemistry and physics of food to enhance both technique and outcomes.
- **Food Choices:** This component will examine the cultural, social, and historical significance of food. Students will investigate how food reflects global heritage and traditions, while also analysing the influence of media and marketing on consumer choices.
- **Food Provenance:** Promoting sustainability, this area focuses on raising awareness of food sourcing, the ethical considerations of food production, and

Food Technology: Intent

ways to minimize environmental impact. Topics include seasonal and local ingredients, waste reduction, and the carbon footprint of food.

Student Outcomes

By engaging in the Food Technology curriculum, students will:

- Develop an appreciation for food, understanding its role in culture, health, and overall well-being.
- Acquire technical culinary skills, including knife skills and various cooking techniques.
- Enhance critical thinking abilities through experimentation and problem-solving in food preparation.
- Build awareness of the nutritional content of food and its impact on personal health.
- Gain insights into potential career pathways in food-related industries.
- Expand their palate and foster enthusiasm for trying new foods.
- Be empowered to create nutritious, balanced meals for themselves and others.

Qualifications

- Students opting to study Food Technology may pursue the following

From Y9- [Specification - BTEC Level 1 and 2 Awards in Home Cooking Skills](#)

KS4 - [GCSE Food Preparation and Nutrition Specification Specification for first teaching in 2016](#)