

Food Technology

In today’s world, acquiring fundamental cooking skills and a thorough understanding of food hygiene is essential for students' personal development, health, and well-being. The Food Technology curriculum equips students with practical life skills that promote self-sufficiency, enabling them to make informed and healthier food choices. By

exploring the principles of nutrition and mastering food preparation techniques, students will not only gain confidence in their culinary abilities but also understand the broader impact of food on their health and lifestyle, laying the foundation for a lifetime of healthy eating habits and independent living.

Through this curriculum, students will engage in a combination of theoretical lessons and hands-on practice, focusing on essential areas such as kitchen safety, food hygiene, and nutrition. Before entering the teaching kitchen for practical lessons, students must demonstrate their understanding of these critical areas through formative and summative assessments. This includes a food hygiene test, ensuring that students are fully prepared to work safely and responsibly in the kitchen environment. Understanding the importance of food safety will prevent accidents, reduce the risk of foodborne illnesses, and create a productive, creative space for culinary exploration.

Key Curriculum Areas:

Culinary Knowledge and Skills:	Students will develop foundational cooking techniques, including knife skills, food preparation, and meal planning. They will explore recipes and culinary traditions from diverse cultures, fostering curiosity and an appreciation for global food heritage.
Food Safety and Hygiene:	The curriculum emphasizes the importance of food hygiene and safe kitchen practices. Students will learn how to prevent cross-contamination, store food properly, and apply the principles of cleanliness and responsibility in food handling. These skills ensure they can prepare meals in a safe, hygienic manner, both in school and at home.
Nutrition and Healthy Eating:	Understanding nutrition is at the core of the food technology curriculum. Students will explore the nutritional values of ingredients and the impact of balanced and unbalanced diets on health. They will be empowered to make healthy food choices and understand the role of nutrient-dense foods in promoting long-term well-being.
Sustainability and Eco-conscious Practices:	As part of their culinary education, students will consider sustainable cooking practices, learning how to minimize food waste, source ingredients responsibly, and understand the impact of their food choices on the environment. The curriculum will instill eco-friendly habits that encourage students to cook and consume food in a manner that respects both people and the planet.



Preparing for Practical Lessons:

To ensure students are ready for practical cooking sessions, they will undergo a series of assessments that test their knowledge of kitchen safety, food hygiene, and basic cooking principles. These assessments will help students build the confidence and competence needed for more advanced culinary tasks as they progress. The summative food hygiene assessment at the end of Autumn 1 will ensure that all students have the required certification to work safely in the kitchen, overseen by the Food Technology Coordinator.

Holistic Life Skills and Future Pathways:

Beyond developing cooking skills, the food technology curriculum prepares students for life beyond school, providing them with the knowledge to feed themselves and others affordably and nutritiously. It introduces students to potential career pathways in food and nutrition, food science, hospitality, and related fields. By understanding the science behind food and the cultural, economic, and environmental factors that influence our food systems, students become more informed and responsible consumers, ready to navigate future challenges and opportunities in both their personal and professional lives.

This approach not only builds competence and confidence in the kitchen but also fosters a sense of responsibility and pride in students' ability to contribute positively to their health, community, and environment through food preparation.

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