

Subject: Design & Technology – Food Preparation and Nutrition

Design and technology at key stage 3 is taught on a rotation basis and consists of 3 areas; Product Design, Food Technology and Textiles. As part of their work with food, students are taught how to cook and apply the principles of nutrition and healthy eating. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Students are taught to:

Understand and apply the principles of nutrition and health

Cook a repertoire of predominantly savory dishes so that they are able to feed themselves and others a healthy and varied diet

Become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]

Understand the source, seasonality and characteristics of a broad range of ingredients

Curriculum content covered in Year 7:

Examples of recipes:

Fruit Crumble

Quiche

Cous Cous

Frittata

Flapjack

Curriculum content covered in Year 8:

Examples of recipes:

Potato Salad

Mediterranean Tart

Fairtrade Muffins

Pasta Bake

Stir Fry

Scones