

**Subject:** Food Preparation and Nutrition

Design and technology at key stage 3 is taught on a rotation basis and consists of the following areas; Design Technology, Food Preparation & Nutrition, Graphics 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:**

Apple Crumble  
Quiche  
Cous Cous  
Soup/Smoothie  
Flapjack

**Curriculum content covered in Year 8:**

**Examples of recipes:**

Potato Salad  
Mediterranean Tart  
Muffins  
Pasta Bake  
Frittata  
Stir Fry