

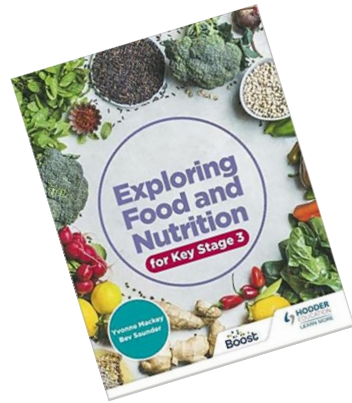
A close-up photograph of a white bowl filled with a variety of fresh fruits and nuts. The ingredients include raspberries, blackberries, green grapes, red grapes, almonds, cashews, walnuts, and a portion of granola. The background is softly blurred, focusing attention on the textures and colors of the food.

Supporting your child's success at KS3 in *Food Technology*

As part of students work within food technology, they will be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in them will also open a door to one of the great expressions of human creativity. 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.

Pupils will be taught to:

- understand and apply the principles of nutrition and health
- cook a repertoire of predominantly savoury dishes so that they can 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



Expectations:

Students are required to bring in ingredients for all practical sessions, apart from those who are PP. For those students who are pupil premium, ingredients will be provided by the school. If you are unsure if you are PP, please speak to your house team.

Students are required to follow all health & safety / food safety guidelines whilst in practical sessions at all times.

Students with long hair are required to bring a hair band/bobble to tie their hair up.

Resources to support theory and practical work:

- Students may wish to purchase the Exploring Food & Nutrition for key stage 3 textbook. This can be found on Amazon, WH Smith and Hodder Education. ISBN; 9781510458222