

# Elm Court School

## Food Technology Curriculum Overview



Food and Nutrition (Food Technology) is a fundamental part of the Elm Court school curriculum. Pupils study and develop the skills they need to be able to cook as independently as possible, according to each pupil's needs. A major focus is placed on health, safety, and hygiene when cooking and preparing food for themselves and others. Pupils also study the food groups and functions of protein, vitamins, fibre, etc. in our diet. All food used in lessons is provided by the school their food will be stored safely, and pupils can take it home at the end of the day.

Key Stage 3 Food Technology is taught as a natural progression of skills and abilities, which includes both practical and theoretical teaching to build on their knowledge base. Key Stage 4 focuses on home cooking, budgeting, and skills sharing. Key stage 5 is vocational – pupils will study more advanced food preparation techniques, and health and safety law for commercial kitchens as part of a professional cookery course.

### Year 7:

Pupils undertake several different designs and make meals throughout their course.

#### Healthy snack (Food Technology)

##### Topics include:

- Basic health & safety in the kitchen
- Preparing cold meals and snacks
- Preparing hot meals e.g. chicken noodle soup.
- Basic food hygiene – Personal hygiene

### Year 8:

Pupils undertake several different projects throughout the academic year which focus on different cultures. Pupils continue to follow the DT National curriculum.

#### Foods of our world (Food Technology)

##### Topics include:

- Exploring ingredients and cooking dishes from around the world
- Researching countries from around the world
- Further investigation into the Eatwell plate
- Discussing allergies

### Year 9:

Pupils will focus on developing independence and life skills whilst undertaking a recognised qualification.

Pupils study towards BTEC Level 1 Award in Home Cooking

#### L1 Home Cooking

- Be able to use cooking skills to make home-cooked food that does not use pre-prepared, ready-cooked food
- Be able to plan and cook a nutritious, home-cooked meal, using basic ingredients

### Pathway Options Years 10-14 (KS4/ KS5)

**Pupils in Year 10:** In Year 10 pupils will have the opportunity to choose Cookery/Home Cooking Skills as one of their pathway options.

Pupils can choose to study Food Technology in KS4.

The courses on offer are:

- BTEC Level 1 Home Cooking Skills
- BTEC Level 2 Home Cooking Skills
- VTCT Professional Cookery Level 1 Certificate

#### Pupils in Years 11-14:

Pupils continue to study their chosen option in Year 11 until completion at the end of the academic year. They can add additional units to achieve a higher qualification or may choose to start a new course at the Award level.

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| <ul style="list-style-type: none"><li>• Basic kitchen equipment: how to use and safely clean knives, chopping boards, plates, and graters</li><li>• Basic nutrition-Eat well plate</li><li>• Basic knife skills – claw and bridge method</li><li>• Black History Month-themed meal</li></ul> | <ul style="list-style-type: none"><li>• Paired work: designing and making a multicultural ‘fusion’ meal.</li></ul> | <ul style="list-style-type: none"><li>• Understand the value of passing on information about home cooking</li></ul> <p><b>Topic includes:</b></p> <ul style="list-style-type: none"><li>• The Food Safety Act 1990- what it can mean for them as an employee.</li><li>• The importance of timing and temperature when cooking.</li><li>• The consequences of poor food hygiene and the benefits of good hygiene.</li><li>• Safe knife skills- bridge and claw method.</li><li>• Recognising the quality points to look for in raw and cooked food.</li><li>• Practicing a range of dishes both main courses and desserts.</li></ul> | <p><b>Home Cooking Skills</b></p> <p><b>L1 Home Cooking</b></p> <ul style="list-style-type: none"><li>• Be able to use cooking skills to make home-cooked food that does not use pre-prepared, ready-cooked food.</li><li>• Be able to plan and cook a nutritious, home-cooked meal, using basic ingredients.</li><li>• Understand the value of passing on information about home cooking</li></ul> <p><b>L2 Home Cooking</b></p> <ul style="list-style-type: none"><li>• Be able to plan a nutritious, home-cooked meal using basic ingredients.</li><li>• Be able to prepare, cook, and present a nutritious, two-course meal using basic ingredients.</li><li>• Understand how to economise on food.</li><li>• Be able to pass on information about cooking meals at home from scratch.</li><li>• Understand the value of passing on information about home cooking.</li></ul> <p><b>L1 Professional Cookery</b></p> <ul style="list-style-type: none"><li>• Introduction to food commodities</li><li>• Customer service in the hospitality industry</li><li>• Introduction to healthy eating</li><li>• Basic food preparation and cooking</li><li>• Using kitchen equipment</li><li>• Introduction to the hospitality industry</li><li>• Food safety in catering</li></ul> |
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### **How you can support your child in Food Technology:**

*Please encourage your child to complete their given homework. Provide a plastic, water-tight container to put their food in. Please encourage your child to help around the home with cooking and cleaning tasks to help develop their independence. Assist them in planning weekly meals, shopping, and budgeting tasks.*

**Please keep in touch with the Design Technology department should you feel your child is struggling or needs more challenge – let us know. Emails can be sent to: [admin@elmcourt.lambeth.sch.uk](mailto:admin@elmcourt.lambeth.sch.uk).**