

# Year 7 - Why do we study Food Technology?

We study Food Technology as it is an integral and essential part of everybody's life, as such we aim to build a working knowledge, interest and practical capability in this area. Food is an integral part of life essential for good health and well-being but also a huge industry with Hospitality being one of the biggest market forces in the Country. Food is a mainstay of the British way of life and eating out is a cultural and social way of life for many. By studying Food Technology, students will start with the basics of cooking, food preparation and food safety while exploring and understanding how to prepare food that is nutritious. Students will develop the ability to follow instructions, work collaboratively, develop independence and confidence in decision making while developing a deep understanding of health, hygiene and safety.

**What:** Year 7 Food Technology begins with basic food preparation techniques, health hygiene and safety and completing recipes that build confidence with the use of the cooker and the ability to follow a recipe independently. You are encouraged to make decisions with practical work, to understand how to achieve a healthy balanced diet using the Eatwell Guide and consider the impact of food on the environment through seasonal foods and food assurance schemes.

**Why now:** To develop a basic understanding of food as a subject and the importance of good health, hygiene and safety and to be able to learn how to use equipment safely to prepare dishes that have been carefully planned with consideration to nutritional and environmental values.

Food experiences inside and outside of school.

