Food Technology @ **eotas**

Our Food technology provision aims to give learners the knowledge, skills and confidence to enjoy cooking meals at home. Learners will gain understanding of how to economise when planning meals. Learners gain essential life skills for health and wellbeing.

Big ideas

- Sourcing food, **nutrition**, **hygiene and food safety**
- Using fresh natural ingredients
- Recipes from around the world
- Choosing ingredients and **economising**
- **Food preparation**, cooking techniques and equipment
- Practical cooking, analysis and feedback

Content and Sequencing

- Ethically and economically sourcing ingredients, nutrition and the 'Eat well plate', hygiene, food and kitchen health and safety
- Meal planning, recognising fresh, seasonal food, food miles, value, five-a-day and storage
- Sandwiches, snacks, sauces and the basics
- Cultures and recipes from around the world – cakes, pasties, scones, curries, sweet 'n' sour, noodles, pasta, pizza and more - all continents are explored
- Chopping, whisking, mixing, baking, sautéing and more
- Learning and recording recipes and skills, learner and staff feedback

Links with English and Maths

- Written work using technical language in accordance with the curriculum
- Directional language
- Timing of cooking and processes
- Measuring ingredients, quantities, ratios and percentages

Retrieval Practice

- Food quizzes and worksheets for curriculum areas
- Technical terms for analysis and workbooks
- Skills and techniques for practical activities
- Recipes, cooking times, nutrition, health and safety

Progress

Units of work are carefully sequenced so prior knowledge and concepts are built upon. leading to increased knowledge.
Developing recipe knowledge.
Learning and developing practical skills, techniques and processes.
Reflecting on own work builds self-awareness, and reflective processes.
Responding to marked work provides the opportunity to develop analytical and practical skills

Support

- Everyone has access to the Food Technology curriculum
- Some pupils learn key Food Technology ideas, skills and techniques suitable for their needs in a different form (for example using laptops)
- Some pupils have specific support and guidance taken from their EHCP and Pupil passport