**Food Technology**

Food Technology is part of Design Technology Key stage 3. Fundamentally pupils are taught the principles of nutrition and healthy eating and how to apply to a variety of dishes they make. 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.

**Key Stage 3** rotating as part of a carousel within Design Technology.

Content:

* Understand and apply the principles of nutrition and health
* Cook a repertoire of predominantly savoury 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 changes that take place when food is cooked and why
* Understand the source, seasonality and characteristics of a broad range of ingredients

**Key Stage 4**

The Key Stage 4 course is a progression from key stage 3 national curriculum it is based on the vocation course Hospitality and Catering. The subject content sets out the knowledge, understanding, skills required to cook and apply the principles of food science, nutrition and healthy eating, . Students are encouraged to make informed decisions about a wide range of further learning opportunities and career pathways as well as develop vital life skills that enable them to feed themselves and others affordably and nutritiously, now and later in life.

Assessment :

Unit 1 The hospitality and catering industry 40% written exam

Unit 2 Hospitality and catering in action 60% controlled assessment

Students need to show

* Knowledge and understanding from across the specification
* Apply skills ( including practical skills) , knowledge and understanding in a variety of contexts and in planning and carrying out investigations and tasks
* Analyse and evaluate information, making judgements and presenting conclusions.

Content:

* Hospitality and catering provision
* How provisions operate within the industry
* Health and safety
* Food safety
* Nutrition and impact of cooking on nutrients
* Menu planning
* Skills and techniques of preparation, cooking and presentation of dishes

WJEC Level 1 / 2 Vocational Award in Hospitality and Catering (Technical Award) 5409