

DT – FOOD PREPARATION AND NUTRITION

Pupils choosing design and technology will study two specialisms from food, resistant materials, textiles, and systems and control. The available combination of specialisms is shown on the option choice form.

WHAT WILL BE COVERED DURING THE COURSE?

- recipe design and adaptation
- researching and preparing and cooking food from different countries
- deeper understanding of cooking methods and techniques
- higher level practical skills
- baking tasks to include technical, signature and showstopper challenges
- promotion of healthy diet and lifestyles

WHAT SKILLS WILL BE DEVELOPED OVER THE YEAR?

- independent, resilient and inquisitive learning
- problem solving
- investigating and evaluating
- creative designing and presentation
- making quality products
- team work
- manufacturing in a safe environment
- understanding of environmental and sustainable issues
- promotion of healthy lifestyles
- costing, budgeting and planning
- important life skills
- confidence to participate in country shows and other food competitions

WHERE WILL THIS COURSE LEAD ME?

It would be an advantage and good preparation for doing a GCSE in food preparation and nutrition and further ahead A-Level product design.

