

Pupils choosing design and technology will study two specialisms from Food Preparation and Nutrition, Resistant Materials, Textiles, and Systems and Control.

# DT – FOOD PREPARATION AND NUTRITION

## WHAT WILL BE COVERED DURING THE COURSE?

Practical lessons every week covering:

- Recipe adaptation to meet individual preferences.
- Researching, preparing, and cooking food from different cultures.
- A deeper understanding of cooking methods and techniques.
- Development of practical skills to a higher level.
- 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 food presentation.
- Making quality products.
- Teamwork.
- Understanding of environmental and sustainable issues.
- Promotion of healthy lifestyles.
- Costing, budgeting, and planning.
- Confidence to participate in 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 or Level 1/2 Hospitality & Catering.

