

# Food Technology Curriculum

The Food Technology curriculum aims to develop pupil's curiosity and understanding of the wider world, linking to the school's ethos, values and nurture practices.

The subject is hands-on and practical to increase engagement in the subject and to develop the pupil's skills and confidence with both independence and cooking. Preparation for Adulthood is a key area for SEN development in Key Stage 3 and pupils are able to start working towards their independent living and healthy adult sections through the lessons.

The curriculum is designed for pupils to understand how simple it is to prepare their own food and to understand the impact a balanced diet can have towards health and lifestyle. They will develop a wide range of practical skills in the kitchen preparing, cooking and presenting dishes. The dishes chosen, reflect the cultural diversity found in the UK but also provide pupils with the opportunity to taste new foods and create recipes they may have never come across before.

Each half term, the children will have a different recipe to follow based on the following areas: Home Comfort; Vegetarian; Around the World; Baking; Healthy; Themed and Sweet.

Home Comfort	Vegetarian	Around the World	Baking	Healthy	Themed	Themed
<p>Pupils will have the opportunity to cook every day recipes that they will be used to eating at home. They will be encouraged to work independently to demonstrate they have the ability to cook in the home, developing their independence skills in line with</p>	<p>Pupils will have the opportunity to prepare, cook and enjoy a range of vegetarian dishes.</p> <p>The pupils will develop an understanding of a balanced vegetarian diet, how to swap for vegetarian ingredients and how to have a healthy vegetarian diet that still</p>	<p>Pupils will learn about other cultures, traditions and customs in various countries around the world. They will be encouraged to try new things, be creative with flavours and ideas.</p> <p>This area links with our SMSC and Personal Development areas of the</p>	<p>Baking week will contain sweet and savoury, easy to follow recipes that can be replicated with family, carers and friends in the home.</p> <p>Baking with pupils offers them the opportunity to work on their motor skills, practically apply their knowledge of maths and gives</p>	<p>Pupils will further enhance their understanding of a healthy, balanced diet in line with the PSHE curriculum.</p> <p>They will use healthy alternatives, healthy ingredients and healthier cooking methods to create their dishes.</p>	<p>Each half term, there will be a themed week following Reach's SMSC calendar. The pupils will cook a dish based on a cultural event or celebration that is happening that half term e.g. Christmas, Eid, Passover.</p> <p>This will further enhance their understanding of</p>	<p>Pupils will have the opportunity to cook a range of different classic deserts in this week. They will develop an understanding of the health risks around high sugar intakes, eating sweet dishes in moderation and a balanced diet.</p> <p>Pupils will be able to have a treat</p>

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Preparation For Adulthood.

includes the key nutrients.

Pupils will develop an understanding of differing opinions on animal produce and build tolerance and understanding of others' opinions and cultures.

curriculum, as pupils will develop an understanding of cultures, diversity and equality.

them a sense of achievement.

This week is in line with the nurture curriculum, developing positive relationships with staff and peers.

diversity, equality and understanding of others.

dish once per half term to enjoy.