

SHIRLEY HIGH SCHOOL PERFORMING ARTS COLLEGE

FOOD TECHNOLOGY / FOOD PREPARATION AND NUTRITION / CHILD DEVELOPMENT



The aim of the Food Technology department is to encourage students to enjoy cooking, through learning skills, adapting recipes and creatively combining ingredients. We are striving to teach students about healthy eating, developing a balanced diet and learning about nutrients and their function. The Food Technology department aims to provide students with the ability to achieve success in this subject in KS3 and GCSE. We have a purpose built building with two food rooms and an IT suite. The larger room is used for Key Stage 3 groups and the smaller for GCSE groups. Both rooms also have a range style cooker similar to those found in restaurant kitchens.

All students in Years 7 and 8 follow a modular course within Design Technology which includes Food Technology. When students come to this area they are expected to bring their own ingredients and provide a container to take their food home in. Students are told a week in advance the dish they will be making and they write the ingredients needed in their planners.

Below is a list of the dishes that Year 7 and 8 students prepare during the two years. The syllabus in Year 7 is designed to teach basic skills, think about how to modify dishes to make them healthier and to make it not too expensive. Students are only allowed to use chocolate in their dishes once and we try to encourage creativity in looking at savoury versions of old favourites. The Year 8 syllabus is looking at healthier, inexpensive meals suitable for students. Again we are teaching some new skills, revising others and trying to keep ingredients and cost to a minimum. There are a few amendments to allow for appropriate seasonal dishes e.g. Easter and Christmas etc.

Year 7

Fruit Salad
Apple Crumble
Scones
Pizza toasts
Ragu sauce
Muffins
Scone Based Pizza
Savoury mince
Stir Fry
Pasta or Cous Cous Salad
Wraps
Possible own choice dish

Year 8

Soda Bread
Bread Based Pizza
Burgers
Chilli con Carne or
Spaghetti Bolognese
Shepherd's pie or lasagne
Stir fry
Fruit Pie or meat pie
Fresh Soup
Risotto or Savoury Rice
Quiche
One own choice of dish

KS4 Students who opt for the subject start in Year 9. They follow the new AQA GCSE Food Preparation and Nutrition course. Students will develop their theoretical knowledge of ingredients along with their practical skills in planning, preparation, cooking and presentation of their chosen dish. They are able to practice all these skills through regular assessments in order to gain experience and ask advice on how to improve and achieve the best possible result.

Child Development has also been available. Again this starts in Year 9 and students have a foundation course being introduced to the subject with topics such as The Family; Puberty and adolescence; safety in the home, garden and outdoors; Nursery and pre-school care; feeding and weaning; health and hygiene etc. They have the chance to meet outside visitors for First Aid and Fire Safety as well as working in groups to design and cost their own nursery; create a presentation a new playgroup in the area and plan, prepare and cook a child's party menu. At the moment we follow the AQA Home Economics: Child Development GCSE, with a Research Task and Child Study making up 60% of the mark and 1hr 30 min exam worth 40% mark. Next year's Year 11 will be the last group taking the exam and as yet we have not decided on the syllabus for the new course.

During the school year all students have the opportunity to enter a variety of food based competitions e.g. Make it with Mince, Rotary Club young Chef, Food Writer's Guild. These competitions are open to all students whether they study food or not. The department also encourages students to 'Grow their Own' food in school, linked to the school garden and at home. At the front of the Food Technology block there are two veggie boxes; one holding herbs and the other holding seasonal vegetables / fruits which students are encouraged to use during their lessons.