



## Overview

In the Technology faculty we develop students into independent problem solvers, by teaching the students how to independently produce bespoke products in response to a given design brief. We base all our learning and assessment around our ethos of Planning, Make, Evaluate and Knowledge.

## Cooking and Nutrition

### Cooking skills – Advanced

1. Health and safety (theory)
2. Cheesy bean burritos
3. Cinnamon rolls
4. Samosas
5. Energy balance
6. Puff pastry
7. Food sustainability and security
8. Vegetable chow Mein
9. Menu planning
10. Apple Pie
11. Stuffed peppers
12. Hospitality roles

## Assessments

### Assessment:

**Design** – Demonstrating understanding of equipment and ingredients required, with a focus on Basic Health and safety within the kitchen and producing a healthy dish.

**Make** – Quality of practical skills, with a focus on basic knife skills and using different cooking techniques.

**Evaluate** – how well the student has evaluated practical work and finished product. Using sensory analysis, self and peer assessment.

**Knowledge** – the technical knowledge gained throughout and demonstrated in Do it Now activities with a focus on Environmental Health officer and food Poisoning.

### Useful resources for supporting your child at home:

**BBC Good Food** is an excellent resource for easy-to-follow recipes- [Recipes | Good Food](#)

**Oak National Academy** KS3 Cooking and Nutrition- [Free KS3 Cooking and nutrition teaching resources | Y7, 8, & 9 | Oak National Academy](#)

Direct link to Focus eLearning provided to students in school.