What will I learn in Food Technology?

Our Lady's Catholic High School

Year 11

- Revision
- NEA 2: 3 hour practical assessment
- NEA 1
- Food processing
- Sensory evaluation
- Health and safety
- Environmental issues
- Food choice
- British and international cusines
- Food science
- Cooking of food

Year 10

- Practical independence
- Awareness of SMSC issues related to food
- Macronutrients and micronutrients
- Energy needs
- Dietary needs and illnesses
- Life stages
- Researching suitable dish choices and planning
- Developing and practising practical skills
- Evaluation skills

Year 9

Multicultural Dishes

- Food science with a focus on pastry
- Researching suitable dish choices and planning
- Developing creativity and interest in food choices
- Developing skills: pastry making, bread doughs and independence
- Food choices and current dietary advice

Year 8

Snacks for Sale

- Cadbury World research trip
- Chocotastic Challenge
- Evaluation skills
- Healthy eating and nutrition
- Food science
- Planning

Year 7

Lunch Box Snacks

- Basic practical skills: knife skills, baking and cooking pasta
- Rules and routines of the subject
- Healthy eating and nutrition
- Evaluation skills