



Dear Parents and Carers

7th September 2023

Year 7 Food Technology 2023-24

Welcome to food technology!

All pupils take part in all 3 areas of design technology; food technology, textiles and resistant materials, and this takes the form of a rotation system.

All Year 7 pupils will experience 3 hours of food technology each fortnight for a period of 12 weeks to facilitate 6 practical lessons in total; one demonstration and 5 practical. They will also have 6 theory lessons which will include a demonstration.

Year 7 will only cook on **Week 1** of the two-week timetable.

7T, U and V will cook on a Friday Week 1 and 7W, X, Y and Z will cook on a Thursday Week 1.

To give them the best possible experience and to maximise their cooking potential, 2 of the 3 lessons will be practical based with the subject knowledge being learnt through a knowledge organiser for homework.

In Year 7, pupils will explore diet, nutrition, creating healthy habits and recapping the Eatwell Guide before learning about different aspects in more detail including macronutrients; carbohydrates, proteins and fats; and micronutrients; vitamins, minerals and water; their function in the body, excess and deficiency and which foods they can be found in.

Pupils will learn how to prevent bacterial contamination and work safely and complete a skills test in week one to learn how to use knives and the hob safely before moving on to plan, cook and prepare a selection of recipes to become competent in a range of cooking skills.

As per the National Curriculum, all pupils will be expected to participate in each of the 6 lessons, which are specifically tailored to mastering basic, transferrable cooking skills which they will develop throughout the rotation and further develop in Years 8 and 9. Failure to bring ingredients in for food technology lessons will result in a sanction being applied to individuals.

To assist in the preparation of ingredients, your child will be bringing home a recipe booklet during the first week of their rotation, which details all the recipes and dates for each one.

All ingredients MUST be weighed and measured at home and brought in in named containers. This is to maximise the cooking time we have in lessons.

I am aware that some recipes may not suit all dietary needs and in such cases we will work together to modify recipes that demonstrate the same transferrable skills and can be produced in the same timescale. Please email me with any specific needs so that I have time to discuss and amend as necessary.

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I appreciate that the past 2 years have led to many struggling to provide equipment and ingredients due to the pandemic and cost of living increases. The school does have access to a hardship fund should you find yourself in this position. A form can be obtained from the school office should you require it.

That just leaves me to say, I hope that your child has a very enjoyable food technology rotation and that you are able to experience some tasty offerings on their return home!

Should you have any queries please don't hesitate to contact me via the school office on 01202 696121 or via email: l.stevens.st@bmsweb.co.uk

Yours sincerley

Mrs L Stevens
Food Technology Teacher

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