

FOOD TECHNOLOGY POLICY

Food Technology Policy

Within the National Curriculum Framework, Cooking and Nutrition is a key area within the Design and Technology Programmes of Study. Within BeyondAutism School's Food Technology scheme of work pupils focus on the Cooking and nutrition aspect. This will be differentiated through this scheme of work in order to meet the pupil's specific individual needs. The scheme of work has been developed drawing upon the expertise of both Qualified Teachers and Occupational Therapists.

Information regarding the Cooking and Nutrition programme of study within the National Curriculum can be found at; <https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study#cooking-and-nutrition>

The Cooking and Nutrition programme of study within the national curriculum aim that;

- Pupils be taught how to cook and apply the principles of nutrition and healthy eating.
- Instilling a love of cooking in pupils
- Open a door to one of the great expressions of human creativity.
- Teach a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Key stage 1

Pupils should be taught to:

- use the basic principles of a healthy and varied diet to prepare dishes.
- understand where food comes from.

Key stage 2

Pupils should be taught to:

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed

Key stage 3

Pupils should be taught to:

- understand and apply the principles of nutrition and health
- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet
- become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]

- understand the source, seasonality and characteristics of a broad range of ingredients

The three main areas to be taken from across the three key stages are;

- Healthy eating.
- Where food comes from.
- Cooking techniques.

Food Technology Lessons at BeyondAutism

Within BeyondAutism Schools, pupils will be planning and preparing healthy meals including breakfast, lunch, dinner and snacks.

At the start of each half-term, pupils will engage in a theory lesson which will detail the processes needed to make the dish. This will be done in order to familiarise the pupils with the ingredients and equipment and so that pupils can practice any prerequisite skills necessary to complete the dish. This lesson will also involve discussions around safe practice in the kitchen and healthy eating.

At **Early Years and Key Stage 1** levels pupils will engage in “Food Fun” lessons. This will involve exposure and exploration with foods of different textures, tastes and smells. As the term progresses pupils will begin to learn about food preparation techniques.

All three of the main areas from the National Curriculum will be taught throughout the year, within both the termly topics and weekly lesson.

Assessment

Pupils will be assessed on a termly basis for skills in the following areas:

- Food preparation
- Cooking a meal
- Kitchen hygiene and safety

The targets within these areas have been derived from a combination of ABLLS (Assessment of Basic Language and Learning Skills), AFLS (Assessment of Functional Living Skills) and the national curriculum.

Last reviewed: October 2020

Date of next review: October 2023

Review group: Full Governing Body