

Cooking is like painting or writing a song. Just as there are only so many notes or colours, there are only so many flavours – it's how you combine them that sets you apart.

Wolfgang Puck

Food Technology at Noel-Baker

Every child should have the opportunity to learn Food Technology, to learn the best that has been thought, cooked and created in Food Technology. Food Technology equips pupils with an array of culinary techniques, as well as knowledge of nutrition, food traditions and kitchen safety. Pupils are taught how to cook and apply principles of nutrition and healthy eating. Instilling a love of cooking in pupils that will also open a door to one of the great expressions on human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in late life.

Key stage 4 Food Technology

At KS4 we offer AQA GCSE Food Preparation and Nutrition. The GCSE course is an exciting and creative course which focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials. This qualification focuses on nurturing students' practical cookery skills to give them a strong understanding of nutrition. Students receive three hours of lesson time in Year 10 and Year 11 each week.

Year 10 Food Technology

Unit 1: Food nutrition and health; this unit allows students to develop their knowledge and understanding of macronutrients and micronutrients. This section will teach students how to make informed choices for a healthy balanced diet while allowing students to learn about the relationship between diet, nutrition and health and the major diet related health risks.

Unit 2: Food science; this unit allows students to develop their knowledge and understanding of why food is cooked and how heat is transferred. The chemical and functional properties of protein, fats and oils, carbohydrates, fruit and vegetables and raising agents.

Unit 3: Food safety; this unit allows students to develop their knowledge and understanding of food spoilage and contamination, the signs of food spoilage, bacterial contamination and the principles of food safety.

Unit 4: Food choice; this unit allows students to develop their knowledge and understanding of factors affecting food choice, food labelling and marketing influences, British and International cuisines and sensory evaluation.

Unit 5: food provenance; this unit allows students to develop their knowledge and understanding of environmental impact and sustainability of food and food processing and production.

Year 11 Food Technology

The Food Preparation and Nutrition GCSE AQA syllabus consists of:

- Two non-exam assessment (NEA) which are worth 100 marks, 50% of total GCSE, which are both completed in year 11.
- NEA 1- The food investigation makes up 15% of the final GCSE grade. The investigation task tests students' knowledge, learning and understanding of the science of the preparation and cooking of food. Students will carry out practical investigations.
- NEA 2- Food preparation assessment makes up 35% of the final GCSE grade. The food preparation assessment will allow students to show the food preparation skills they have learnt throughout year 10. Students are to prepare, cook and present 3 dishes in a 3 hour period related to a chosen task.
- The written exam is worth 100 marks, 50% of total GCSE. The written exam covers five topics food, nutrition and health, food science, food safety, food choice and food provenance. The exam lasts 1 hour and 45 minutes and consists of multiple choice questions worth 20 marks and 5 questions with sub questions worth 80 marks.

Further studies and career progression

Options in Food Technology after GCSE can be A-level or BTEC level 3 which can lead onto a degree in Food. Many universities and employers like to have students and employees who have varied post 16 qualifications, food can be favoured as it shows skills in time management, confidence, commitment, dedication and creativeness. There are a vast number of career options available in food such as; nutritionist, food science, chef, catering and hospitality, environmental health and food manufacturing and processing.