



Hessle High School & Sixth Form College

Welcome to our Open Evening

Technology: Food

The Course

- throughout KS3 students have the opportunity to develop a range of cooking skills. Students will learn how to prepare and serve food products within the home and commercially taking in to account Health and Safety aspects. The course promotes the 'Eatwell Plate' and provides students with knowledge of healthy eating and importance of a balance diet.



During Key Stage 3 students will cover a wide range of topics:

- selecting and working with equipment
- food from other cultures and traditions
- healthy eating and nutrition
- organisational skills
- quality of outcomes
- recipes and methods

Assessment

- regular assessment and feedback linked to current project and Scheme of Learning
- students will be set targets for improvement to support further progress



How Parents Can Help

- support research into ingredients
- help your child to prepare for practical activities
- allow them to assist in the shopping for and preparation (and clearing up!) of meals at home
- promote discussion around healthy food choices at home

Subject Leader: Mrs Ward

'Every child is capable of extraordinary achievement'