

In Food Technology lessons we aim to give your child the best possible learning experience, which includes practical activities such as food preparation, cooking and tasting. Our department aim to enable students to develop basic culinary skills as well as a basic understanding of nutrition and healthy eating principles so that they can build confidence when working in the kitchen to design, prepare and make a range of well-balanced food products using basic catering equipment in a safe and hygienic way.

Pupils have chosen to take Food Technology for their GCSE. In lessons, students will expand on the knowledge gained in KS3 and learn more about how to cook and apply the principles of nutrition and healthy eating. We aim to conduct more practical lessons this year that will engage all of our pupils as well as inviting experts to show techniques and develop our pupils' understanding of the wider principles of food science.

In order to do this, there are some essential steps we must take to ensure progress can occur in lesson time. This comes down to pupils taking more responsibility for their learning and taking ownership of their food technology experience.

When set ingredients preparation for homework, we would like all pupils to weigh their own ingredients out at home. This will not only teach pupils a skill but also enable them to know what is in each of their containers when they arrive to class.

Pupils that need additional help with ingredients or have forgotten their ingredients will have the chance to come in on the morning of their lesson, prior to 8:35, and weigh out what they will need for their lesson.

We will no longer be asking pupils to bring in ingredients like oil (this often spills!), salt, pepper or other small amounts of ingredients. These can be taken from the trolley in their classroom during their lesson.

The last thing to remind you all about is that we are a NUT FREE school. Please consider this when pupils are adapting recipes, they must not bring any type of nut into the school, this includes spreads like Nutella and peanut butter.

We aim to instill a love of cooking in students that will also open a door to one of the great expressions of human creativity. We believe that learning how to cook is a crucial life skill that enables students to become independent in later life. We hope that all of our pupils will engage with these changes to help them progress in lessons.

If you have any questions please contact [hannah.wallace@notleyhigh.com](mailto:hannah.wallace@notleyhigh.com)