

SATIPS

Support and training in Prep, Primary and Senior Schools

Design
Technology

Food Technology on the Curriculum Menu I like food ... most people do.

So when I was appointed Head of Design and Technology and I was asked how I was going to develop the subject. My response was, let's put a kitchen in and do some cooking! So we changed the department to Food and Design Technology. One term cooking, one term woodwork and the final term textiles.

I feel the inclusion of cooking adds to the broad experience this diverse subject offers. I have heard many D&T teachers argue against this adaptation, however, I strongly believe the positives of the change outweigh the traditions of just woodwork. All these positives are mentioned regularly in the media.

The purpose of this article is to share a few simple recipes I do with my pupils and hopefully inspire schools to provide practical cooking lessons and consider giving their pupils this fantastic experience.

Our youngest pupils, who attend weekly cooking lessons, are in Year 3. One of their favourite tasks is creating a Fruit Kebab! They take a huge amount of pride in either setting the exact angle in which their strawberry is positioned or how much they can fit on their stick! It is great to see all pupils having fun and tucking in to such a simple idea. Furthermore, this promotes the idea of trying new fruits and working out what you like/don't like about them and why.

Year 5 study breads, from the normal white roll to a pizza bread muffin. Their favourite individual task was to make their own chapattis. They mixed together the ingredients in little bowls then they brought them to me to dry fry on the hobs. All the pupils got a little kick out as they were the ones who made it from flour to crisp. It may also have been the curry sauce they could try with it!

Finally, Year 7s favourite activity was the mug cake competition. After one lesson of researching and creating their own recipe card, the mayhem began. There was such a variety of styles, some traditional, for example red velvet and salted caramel. Some more experimental, such as Haribo filled and marshmallow centred!

All the pupils enjoy understanding different food combinations, and regularly comment in class that they help with the preparation of meals at home or sometimes take full responsibility for putting it on the table.

A couple of events coming up:

Food Revolution Day – 20th May
British Food Fortnight – 17th September
to 2nd October

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