

YEAR 10 FOOD TECHNOLOGY

A hands-on course where students develop practical cooking skills while exploring food safety, nutrition, food preservation, and food presentation. Through a variety of engaging cooking experiences, you will learn how ingredients work, how to prepare food safely, and how to make informed food choices. This course is ideal if you enjoy practical learning, creativity, and gaining valuable life skills in the kitchen.

Students will:

- Develop practical cooking skills through a range of recipes and techniques
- Understand food safety, hygiene, and hazard prevention
- Explore sensory evaluation and how you experience food
- Investigate the functional properties (what it does) of ingredients
- Learn about the science of food
- Analyse nutrition, allergies, and dietary needs
- Explore food sustainability, including food waste, and environmental considerations