

Food Technology

Food Technology- One Term

Year 7 Food Technology introduces students to the world of culinary arts, nutrition, and food preparation. Students explore foundational cooking skills, safety practices, and the importance of balanced diets. They learn to select and use ingredients effectively while considering cultural and dietary preferences. Through practical tasks and creative projects, students develop their understanding of food choices, sustainability, and healthy eating habits. Year 7 Food Technology encourages hands-on learning and empowers students to make informed food-related decisions.