**[](http://www.reachschool.co.uk/)**

**FOOD TECHNOLOGY**

**“Give a man a fish, and you feed him for a day; show him how to catch fish, and you feed him for a lifetime.”**

**F**ood is a vital part of our daily lives and is essential for life. As our students become adults and have busy lives, it is easy to choose food which has been ready prepared. However, it is more nutritious and often cheaper to cook simple, delicious food.

At REACH School, students will develop their knowledge and understanding of nutrition, healthy eating, food preparation, hygiene, cooking techniques, and sensory characteristics.

**We aim to deliver lessons that are REAL: (Relevant, Engaging, Active, Learning)**

Give our students vital life skills that enable them to feed themselves and others affordably and nutritiously, now, and later in life. *(****R****elevant)*

Encourage the development of high skills and resilience in a safe environment, allowing students to demonstrate commitment and act on feedback. *(****E****ngaging)*

Empower students to enable them to follow a recipe and substitute ingredients and cooking methods as appropriate, demonstrating an understanding of food choices e.g., veganism, allergies, and healthy eating. *(****R****elevant and* ***L****earning)*

Develop understanding that will allow students to become discriminating consumers of food products, enabling them to participate in society in an active and informed manner. *(****A****ctive)*

Engage with students to encourage them to understand the environmental factors which affect the inequalities in food distribution on a global scale and give them an understanding of the need to minimise ‘food waste’ starting with their own practise. *(****E****ngaging)*

Allow students to explore a number of multicultural perspectives concerning food. Students will enhance their understanding, appreciation, and acceptance of people from a variety of cultural backgrounds through the preparation of food from different countries and religious beliefs, with Kosher and Halal and other dishes prepared. *(****A****ctive)*

Encourage our students to develop an awareness and acceptance of diversity within our community. **(*R****elevant,* ***E****ngaging,* ***A****ctive,* ***L****earning)*

**Our intent is that through Food Technology, students are provided with a context through which to explore the richness, pleasure, and variety that food adds to life. The Hospitality and Catering Industry is the largest employer in the UK and here in Birmingham. Jobs in this sector are very real possibilities for our students. As such they will also develop an understanding of the practical and personal skills needed to succeed in the industry.**

