



Design and Technology Department

Welcome

'Compliant materials' is an exciting and expanding curriculum. It is designed to enable students to understand and develop a range of skills needed for cooking, as well as understanding the importance of a healthy lifestyle to their overall wellbeing. Students participate in other practical areas throughout the year, for example Textiles and product design where they understand and develop specific skills through the production of a predetermined practical outcome.

As well as the subject developing key life skills that are fundamental to their overall wellbeing, the subject equips students with the opportunity to study 'GCSE Food Preparation and Nutrition' enabling students to progress to a range of courses at a post 16 level.

Our aims are

- To provide enjoyment and creative stimulation in a safe environment.
- To equip students with the skills and enthusiasm required to be able to cook for themselves and make the right dietary choices when doing this.
- To ensure students understand what a healthy lifestyle and diet are, its benefits, and how they can go about implementing this in their day to day lives.
- To give students an understanding into Textiles and Product Design through the making of small items and equipping them with the skills associated with these activities.

Key Stage 3

Students have 3 lessons of compliant materials per fortnight. They learn about the importance of a healthy and balanced diet and how that relates to a healthy lifestyle. They cook a range of dishes that can be easily recreated at home and use these to develop a range of skills that will have a lifetimes worth of use. As the students' progress through the key stage they are encouraged to cook a range of more complicated dishes to further enhance their skills and understanding. In textiles, students are encouraged to learn a range of basic skills and implement these through a practical task. Again, these are progressively more difficult as the key stage develops.

Students are taught the following topics in KS3:

Year 7	Year 8
Safety and Hygiene	Re-cap on safety and the eatwell guide
Food and the environment	Proteins
Eatwell Guide	Pastry's
Foods that provide energy	Nutrition
Pasta research project	Eggs
Nutritional value of fruit and vegetables	Combination foods



Saint Joseph's

CATHOLIC SCHOOL

Practical's Include:	Practicals Include:
Fruit salad	Sausage rolls
Coleslaw	Mini Quiches
Pasta salad	Chicken Fajitas
Apple crumble	Chinese style noodles
Vegetable kebabs	Vegetable cous-cous
Pull it together textiles project	Under the sea textiles project

Key Stage 4

Following on from the foundations built at Key Stage 3, students have the option to study GCSE Food Preparation and Nutrition. The course enables students to gain a good understanding of the food they eat and the effect it has on them. The course encourages students to cook as much as possible, expanding their practical skill set as well as building a deeper and more secure knowledge of food science nutrition and healthy eating.

Students can then use this to access post 16 courses in cookery, nutrition, sports science, nursing and catering to name a few.

Extra-curricular clubs

The department aims to run a series of competitions throughout the year. The highlight of these is the KS3 MasterChef competitions that will occur in the summer term.