



**The Poplar Adolescent Unit
Therapeutic Education Department**

FOOD TECHNOLOGY POLICY

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| Approved by the Executive Head: | September 2025 |
| Review Date: | September 2030 |

Food Technology Policy

- Food Technology is offered in Poplar Education Unit as a therapeutic/recreational session one afternoon a week, it is built around the aims and attainment targets of the programmes of study for Design and Technology, Cooking and nutrition. During these sessions a variety of dishes are prepared, these are then sampled and evaluated by all the students. There is the option for the students to obtain an ASDAN qualification during these sessions and this is actively encouraged.
- They are taught to understand and apply the principles of nutrition and health and understand source seasonality and characteristics of a broad range of ingredients.
- Healthy Eating is introduced and promoted through the use of the healthy eating plate and where the recipes used fit into a healthy lifestyle, also where they could be adapted to make the dish healthier or for a vegetarian/vegan option.
- Food Technology also aims to foster an awareness of the cultural influences on the food that we eat today and also where the subject sits in relation to other subjects, Science, PSHE, Maths.
- The content of the sessions is aimed at the needs of the students, thus those that are aiming for independent living or supported living are encouraged to learn basic skills to enable them to support themselves. In all cases rigorous health and safety is observed and risk assessment undertaken.

A generic lesson plan is followed this encompasses the main aims of the sessions -

- Personal Skills,
 - Healthy Eating
 - Cooking Skills
 - Health and safety in the kitchen
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- Students are risk assessed to take part in cooking sessions prior to the lesson on the day. At least two members of staff are present during these sessions.

- The content of the sessions is decided on a weekly basis, dependent on – which students are taking part and the Health and safety implications and also the personal issues surrounding the pupils taking part.
- Students are encouraged to research the recipes to be used during the cooking session, these will be relevant and directed to fit in with the overall aims of the session. When it is deemed appropriate students will be taken to the local shops to purchase the ingredients. The financial implications of providing food are taken into account by asking the students to compare prices on the internet and also in the shop (own brands) when shopping.

Each session is aimed at providing the students with key skills i.e.

- Keeping themselves safe
- The safe use of equipment
- Measuring, weighing
- Choosing and using the correct equipment
- Cooking methods – rubbing in method
- The use of different methods of cooking foods
- Social skills i.e.
- Interacting with others
- Responding to group dynamics
- Following instruction both verbal and written.
- A life skill