



Food & Consumer Technology

This course will appeal to you if you enjoy learning through practical activity. You should have an interest in health, food and consumer issues as the course focuses on health and the nutritional properties of food as well as safe, hygienic and informed practices in food preparation. It develops your understanding of the importance of a balanced diet and healthy lifestyle and allows you to develop the knowledge, understanding and skills to become informed food consumers. Practical, experiential learning and assessment activities allow you to develop knowledge, understanding and skills, as well as confidence, independence and self-awareness. You will learn a range of cookery skills as well as working with different ingredients. The importance of sustainability, responsible sourcing of ingredients and current dietary advice are also addressed.

Physical Education

You will further develop, demonstrate and improve practical and performance skills in a wide range of physical activities. By engaging in practical activities you will develop initiative, decision making and problem solving skills as well having the opportunity to develop team building skills and enhance your ability to compete, co-operate and collaborate. We will also place a significant emphasis on increasing your awareness of the following;

- Develop and demonstrate knowledge of the principles and factors underpinning performance.
- The ability to describe the factors which impact positively and negatively on performance.
- Participate in a range of methods to gather, improve and monitor performance.
- Build your capacity to enhance effective performance.
- Be able to reflect on performance to influence personal improvement.

This course will also include aspects of choice through Individual, Team, Aquatic activities and Creative & Aesthetics activities in order to enhance your own practical ability.