

Rationale for Literacy in Food and Cookery

Literacy plays a key role in helping students develop both practical and theoretical skills. The discipline of Food and Cookery requires students to not only demonstrate practical cooking and food preparation skills but also to understand and communicate concepts related to nutrition, safety, hygiene, sustainability, and food science. The literacy required within this subject goes beyond reading and writing; it involves specific vocabulary, the ability to interpret instructions and the capacity to analyse and evaluate food products and processes.

What literacy looks like in Food and Cookery lessons:

- 1. Technical Vocabulary and Terminology:** Students will demonstrate an understanding of key terms such as *emulsification*, *gelatinization*, *macronutrients*, *micronutrients*, and others related to cooking techniques and food science. They will be able to accurately use these terms in both written and verbal communication, explaining the rationale behind cooking methods, ingredients, and nutritional choices.
- 2. Reading and Interpreting Recipes and Instructions:** Literacy in Food and Cookery involves interpreting recipes and following instructions with accuracy. Students will need to read, understand, and apply recipe components, including ingredients, measurements, timings, and processes. They will also engage with texts that explain food safety guidelines, dietary needs, and food labels.
- 3. Analysing and Evaluating:** Students will use literacy skills to critically evaluate food products and processes. This may involve comparing different ingredients, methods, and techniques, as well as interpreting and assessing the nutritional value, sustainability, and impact of food choices. Written reports, evaluations, and presentations will demonstrate their ability to summarize and justify decisions made during practical tasks.
- 4. Written Reflection and Communication:** Students will produce written reflections on their practical work, documenting the steps involved in food preparation, what went well, what could be improved, and the outcomes. This written communication will showcase their ability to describe processes, reflect on learning, and suggest improvements for future projects.
- 5. Collaboration and Discussion:** In group work and discussions, students will demonstrate the ability to communicate ideas, listen actively, and contribute to collaborative problem-solving. They will engage in discussions around food sustainability, cultural influences on food, and the science behind cooking, using both verbal and written forms of communication to present their ideas clearly.

Conclusion:

Literacy teaching and skills in Food and Cookery reflects the intersection of practical and theoretical knowledge. Students will be expected to engage with food-related texts, demonstrate understanding through technical language, follow written instructions precisely, reflect on their work, and communicate effectively both orally and in writing.

Literacy equips students with the ability to make informed decisions, solve practical problems and critically engage with the world of food production and consumption.