

Home Economics

Springboard's Future Chef BakeOff



Springboard's Future Chef BakeOff, is a nationwide culinary initiative which is delivered in over 600 schools nationwide. The main goal of Future Chef BakeOff is to assist young people aged 12-16 to learn the vital life skills of baking, as well as providing invaluable insight into and inspiration for building a career within the hospitality industry.

The Future Chef BakeOff required pupils to demonstrate high level practical skills and produce a savoury shortcrust tart. They also had to provide a recipe, timed schedule, details of their cooking methods, a description of their tart as well as a detailed explanation of why each ingredient had been chosen.

A group of 10 Year 8 pupils worked extremely hard to make their own pastry and come up with their filling.

On Friday 7th October the girls all competed in a school heat, where Lucy Bell placed 1st, Zara Cousins placed 2nd and Scarlett McBride placed 3rd. Lucy Bell, submitted her tart and paperwork to Springboard's future Chef for a National winner to be chosen.

Although all girls did not win on the day they are winners in the eyes of Banbridge Academy, as they displayed great determination, hard work and huge dedication.





Northern Ireland Future Chef Local Competition

The Future Chef competition challenges students to cook under pressure and develop practical skills through timed cook-offs in school heats, local and regional finals. Imogen Hunter and Aimee Clarke in Year 12 very competently represented Banbridge Academy at the local finals held in Newry Southern

Regional Finals. Both did an amazing job producing an aromatic vegetable curry and a rustic Italian pasta.

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Year 10 New Product Development with Avondale Foods

This year the Year 10 Home Economics pupils participated in a New Product Development assignment in the Summer term with Avondale Foods. Avondale Foods (based in Craigavon) manufacture vegetable accompaniments, side salads, fresh soups, sauces, porridge and noodles for distribution throughout the UK and Ireland. Product development lies at the heart of Avondale Foods' continued success.

The pupils' brief was to create a new and exciting salad. They showed great expertise and imagination in their selection and execution of the chosen salad recipe. Richard Bond, Product

Development Officer along with his team, had the difficult task of selecting the top three recipes. He commented on the creativity and flair the pupils

demonstrated. This was a unique opportunity for pupils to work alongside a local company and gain a greater awareness of the job prospects a food-based company such as Avondale can offer.

Richard presented prizes to the following pupils:

- 1st – Ruby Archer and Ella Bell
- 2nd – Matthew Christie and Jack Douglas
- 3rd – Anna Cowan and Samantha Burns-Atkin



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Love your Food Show

In June Our Year 11 Food & Nutrition class visited the Love Your Food Show. The show brought together everything foodie, allowing pupils to sample local food and drink produce, test the latest kitchen gadgets, discover local restaurants and learn from the experts in the kitchen theatre.



QUB Sustainability Talk



Miss Jess' Year 11 Food and Nutrition class had a talk on Sustainability from a Queen's University student studying the Food Science and Nutrition degree. They enjoyed finding out about how we can be more sustainable and coming up with ideas of how we can be more sustainable at home.

Year 12 Practical Assessments

Fantastic skills were on display in the Year 12 practical assessments. 'The Eatwell Guide advises that we eat at least 5 portions of a variety of fruit and vegetables every day' and so pupils were asked to include these within their recipes.

