

FOOD PREPARATION & NUTRITION



SKILLS

KNOWLEDGE

Year 11
 NEA 1. Investigation into ingredients (20%)
 NEA 2. Research, Trail dishes, final practical, evaluation (30%)
 Final written paper (50%)

Year 10
 Intro into animal protein. Nutrition and types of animal proteins. Classification. Evaluation and sensory analysis.

Year 9
 Theory into how to keep food safe. danger zone. food poisoning. Cooking temps. Chopping boards. Food provenance. Food waste. Food Air miles.

Year 8
 Theory into how to keep food safe. danger zone. Food poisoning. Cooking temps. Chopping boards.

Year 7
 Health and Safety
 Food hygiene
 Healthy Eating
 Knife Skills
 Grilling
 Baking
 Weighing and Measuring
 Evaluating
 Sensory Analysis

The future
 Further study of food and nutrition at college
 Apprenticeships within the hospitality industry
 Hotel management
 Prospects for employment in hospitality around the world!

