

FOOD PREP AND NUTRITION

T

Skills

Mastery in Year 11

- Produce a scientific food investigation.
- Independently and successfully plan, prepare and cook a range of high skilled dishes successfully.
- Understand the examination content and have confidence in external set written exam.

Mastery in Year 10

- Apply understanding of food safety, nutrition, food science, food provenance and food choice.
- Cook with confidence and creativity.

Mastery in Year 9

- To confidently describe food science principles.
- Understand and explain how to reduce food waste.
- Articulate how to make healthier choices.

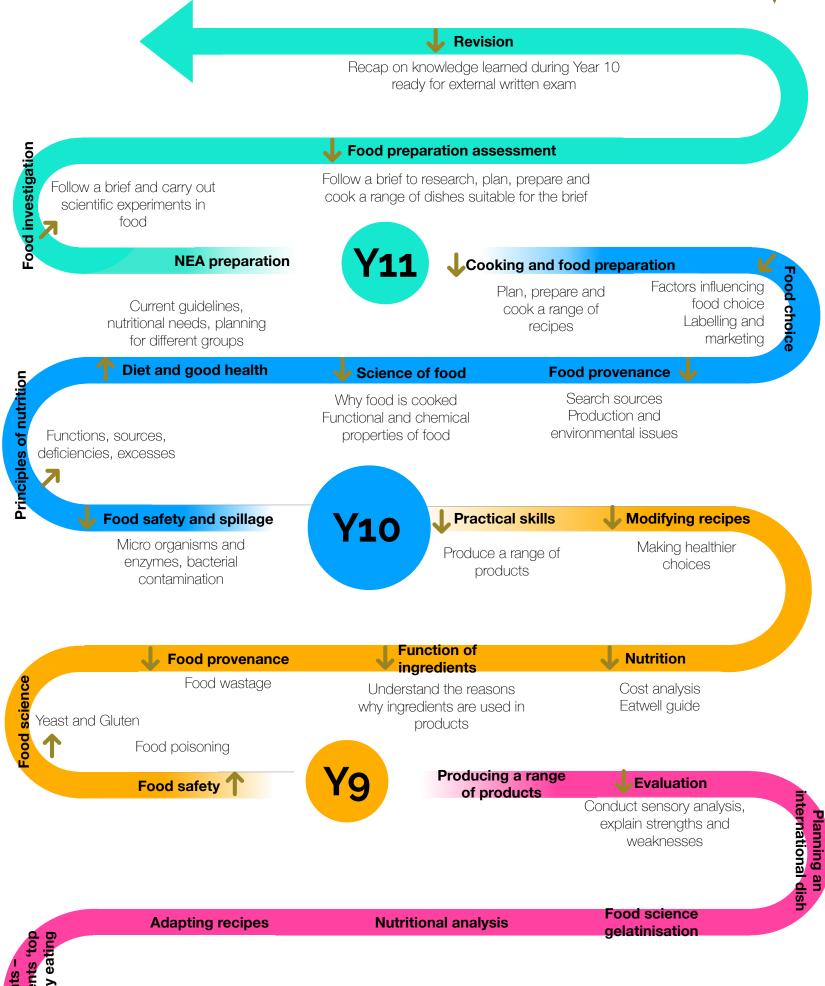
Mastery in Year 8

 Independently and confidently select and use equipment correctly to produce highquality skilled products.

Mastery in Year 7

- Be able to critically analyse and evaluate strengths and weaknesses.
- Completed sensory testing and explain creative ideas for improvement.

Knowledge





Sensory testing

Suggesting improvements

Suggesting improvements

strengths and weaknesses

Functions of key nutrients

Analysing nutritional content

Eatwell guide healthy eating Introduction to health and safety