



Food preparation and Nutrition

Year: 9/10

'People who love to eat are always the best people'

Julia child

Course content

Year 9/10/11 will develop their knowledge and understanding of this subject giving them confidence in their practical and written ability. It will teach the students all about food in its widest sense and help them develop a wide range of food preparation skills. At the end of the course the students will have a skill set ready to take them forward to higher level courses and enable them to pursue a career in food.

Skills developed

- All the skills covered in year 7 and 8
- Preparing fruit and vegetables
- Cooking methods
- Preparing, combining and shaping
- Tenderising and marinating
- Different dough's
- Raising agents
- Setting mixtures

Topics covered

- Food, nutrition and health
- Nutritional needs
- Food science
- Food safety
- Food choice
- Food provenance

For more information

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