

WHS Food Curriculum

Safety and hygiene

Do you understand the principles of food safety and hygiene and how to prevent bacterial contamination?



Weighing and measuring

Why is it important to weigh and measure baked products accurately, can you carry out an experiment to show what happens when weighing out incorrectly?



Washing up

What is the importance of washing up in relation to organisation, bacteria, & working as a team?



Healthy eating & macro-nutrients

What are the principles of the Eatwell guide in relation to the diet? Can you balance diets using dietary guidelines?



Carbohydrates

What do you know about carbohydrates – starches and sugars including fibre?



Breakfast bar project - - carbohydrates

Can you adapt and develop a product to meet dietary guidelines?



Sensory analysis

Why is important to carry out sensory analysis when making food products?



Protein

What do you know about protein? Do you know their – function, sources, different needs for protein?



Menu planning

Can you plan a menu for protein needs and people who cannot eat meat for example vegetarians?



Fats and oils

Do you know any facts about fats and oils , the good and bad points, relating to vitamins?

