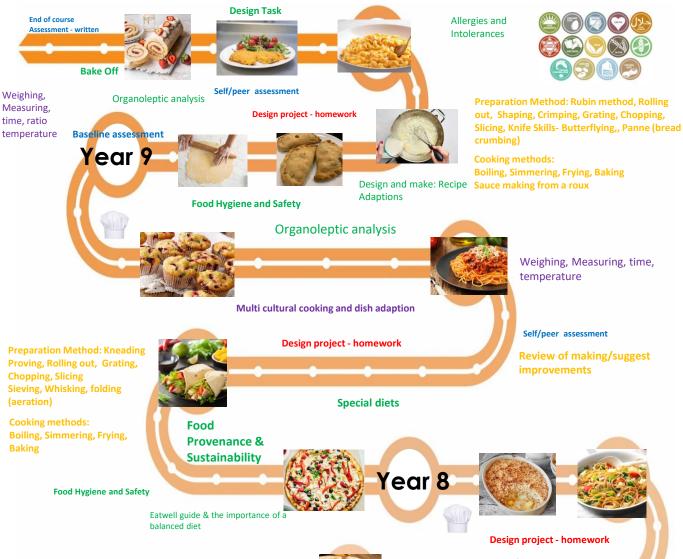


OUR LEARNING JOURNEY KS3 Food and Nutrition (10 Week Rotation)



Preparation Method: Grating, Chopping, Slicing Rub in method/aeration

Cooking methods: Toasting, Boiling, Simmering, Frying, Baking Weighing, Measuring, time, temperature



Self/peer assessment

Organoleptic analysis

Eatwell guide & the importance of a balanced diet



Kitchen Hygiene and Safety

FOOD HYGIENE RATING 0 1 2 3 4 5

Year 7

Knife skills

