

LEARNING JOURNEY

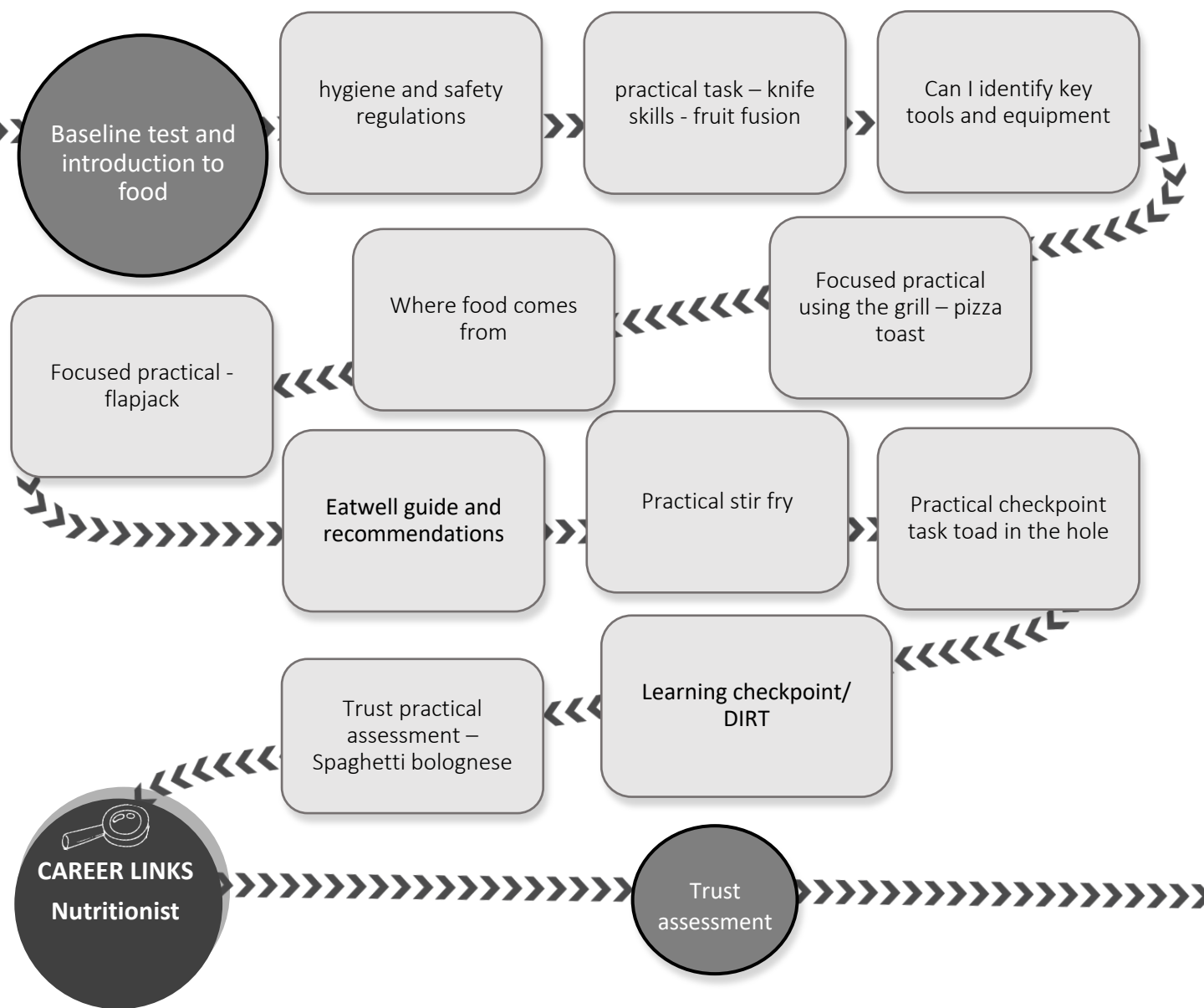
Food



Year 7

Food and cooking

Throughout this rotation in Food you will be exploring the principles of a healthy balanced diet with practical activities to include designing and making a range of predominantly savoury dishes,



TUDOR HABITS AND VALUES: This unit is all respect and opportunity – learning to understand your own diets and lifestyles, learning to respect yourself and your daily habits and using these in a positive way

VOCABULARY::
Recommendations
Nutrient
Functions
Sources