

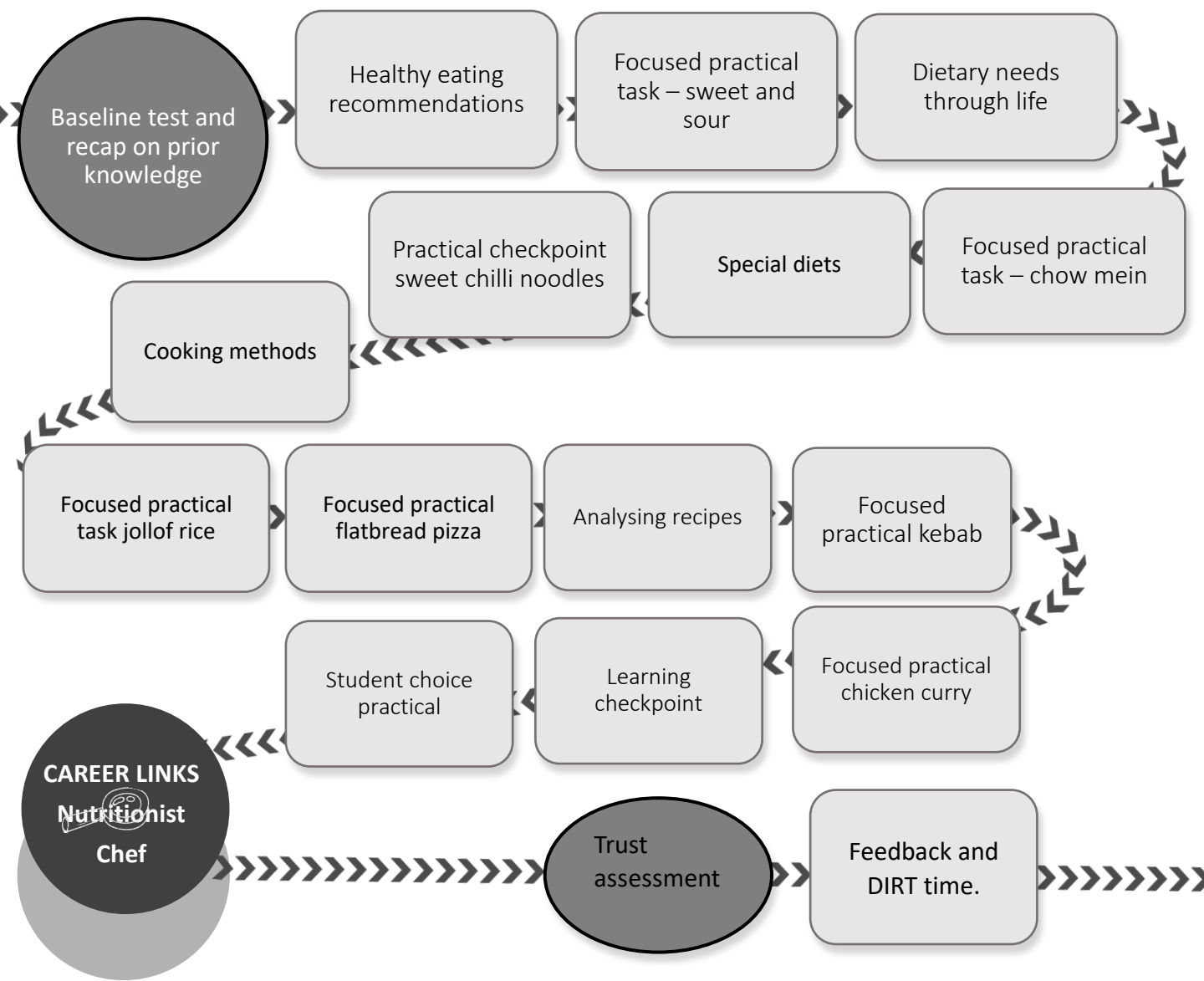
LEARNING JOURNEY

Food

Year 9

Making choices - fakeaways

Throughout this unit you will secure and demonstrate a range of food skills, increasing in complexity and accuracy, to cook a wider range of dishes, safely and hygienically, and to apply your knowledge of nutrition and food provenance.



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