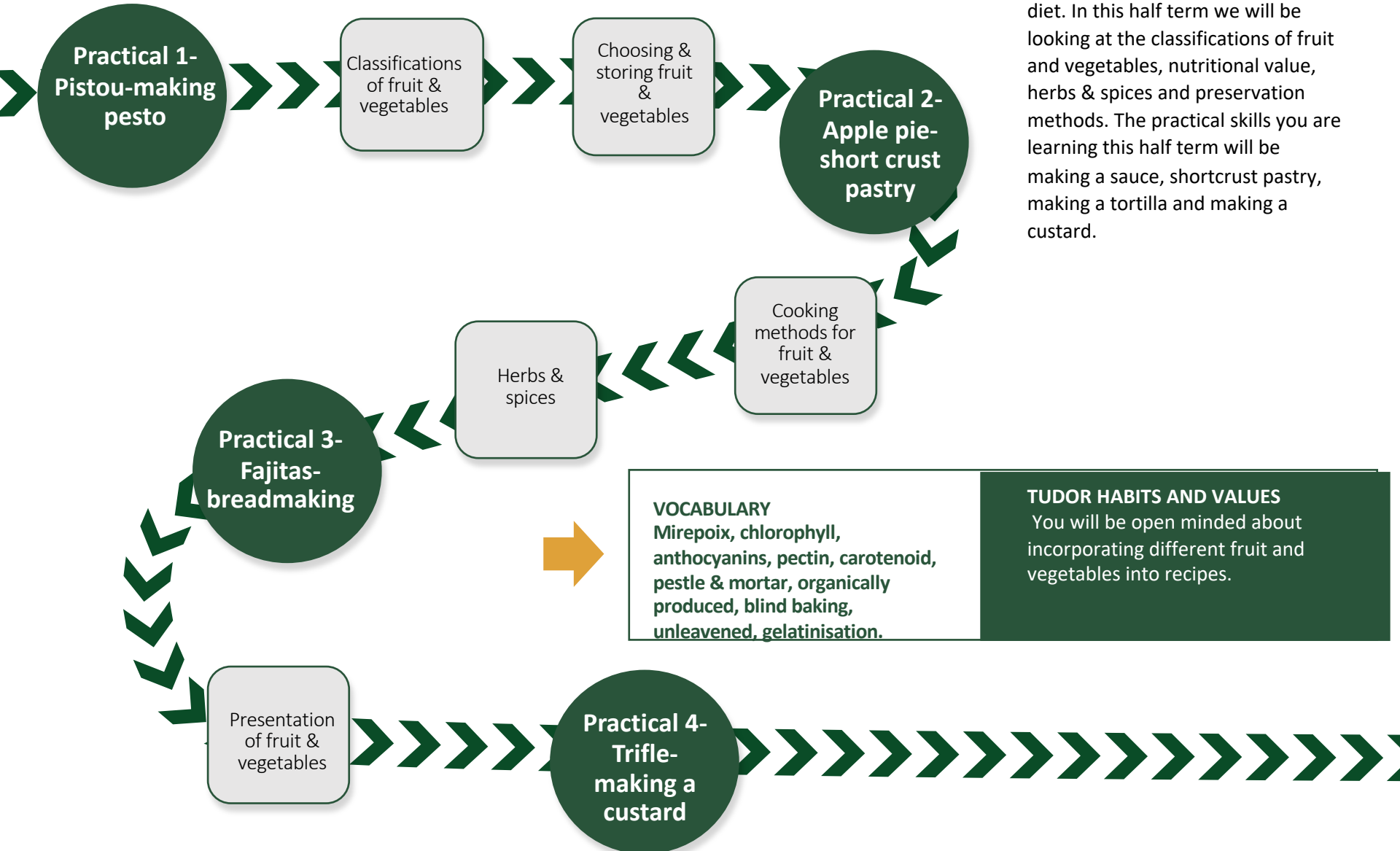




LEARNING JOURNEY

Food & Nutrition

Fruit & Vegetables



Fruit and vegetables are an essential commodity to incorporate into the diet. In this half term we will be looking at the classifications of fruit and vegetables, nutritional value, herbs & spices and preservation methods. The practical skills you are learning this half term will be making a sauce, shortcrust pastry, making a tortilla and making a custard.