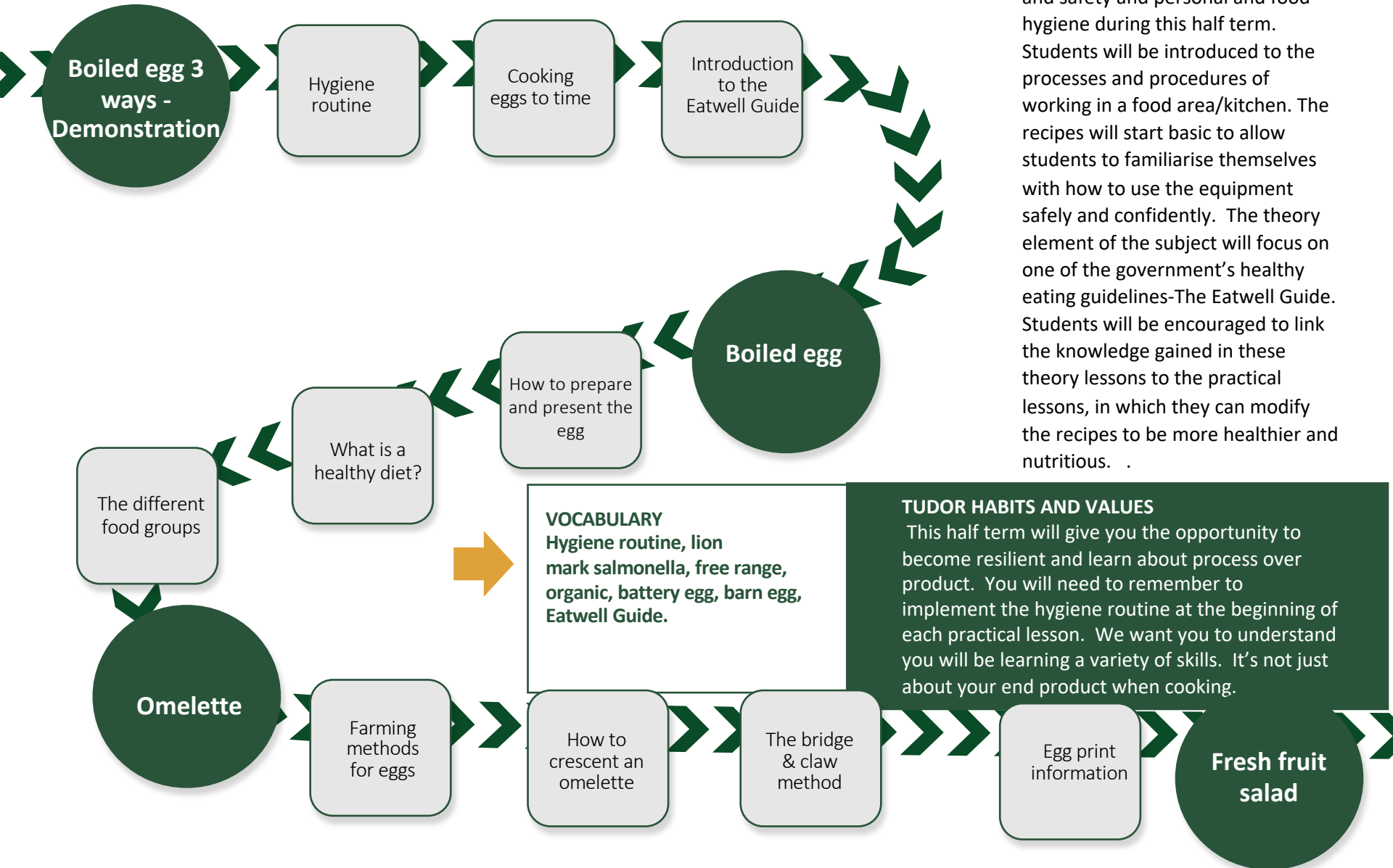




LEARNING JOURNEY

HEALTHY LIVING

EATWELL GUIDE & KITCHEN SAFETY



There will be an emphasis on health and safety and personal and food hygiene during this half term. Students will be introduced to the processes and procedures of working in a food area/kitchen. The recipes will start basic to allow students to familiarise themselves with how to use the equipment safely and confidently. The theory element of the subject will focus on one of the government's healthy eating guidelines-The Eatwell Guide. Students will be encouraged to link the knowledge gained in these theory lessons to the practical lessons, in which they can modify the recipes to be more healthier and nutritious. .