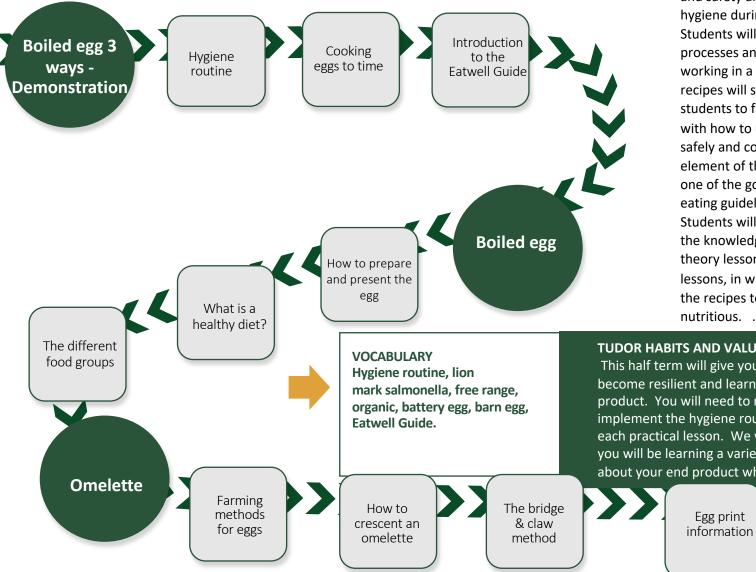
## **LEARNING JOURNEY**

## **EATWELL GUIDE & KITCHEN SAFETY**



## **HEALTHY LIVING**

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. .

## **TUDOR HABITS AND VALUES**

This half term will give you the opportunity to become resilient and learn about process over product. You will need to remember to implement the hygiene routine at the beginning of each practical lesson. We want you to understand you will be learning a variety of skills. It's not just about your end product when cooking.

**Fresh fruit** 

salad