Great Arley Cooking and Nutrition Journey

Finish

GCSE

Apprenticeship

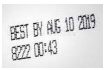
College Catering course

Know how to apply eating recommendations to other people's diet.

Be able to change recipes and dishes to make them healthier.

Be able to make informed choices based on food labels, ingredients, allergies and nutrition.

Apply costing skills to make food selection.



Store food safely. Understand date marks and storage instructions.

The 4 C's Food hygiene.

Different stages in food production.

Year 11

Know about food poisoning and symptoms

Use equipment safely and more independently.

Know when and how to make changes to own diet.

People require different nutrients at different stages of life.

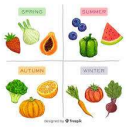
Meaningful encounters with employers.

Consider cost when planning what to cook.

Year 10

Food and drink provide energy and nutrients.

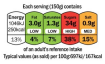
Understand how seasonality can affect food availability.



People have different dietary requirements.

Factors affecting food choice. Religion, culture, ethical beliefs allergies.

Controlling the heat on the hob.



Year 9

The cooker.

Be able to read food labels

Select and use appropriate tools.

Use equipment safely and be aware of others' safety.

Weighing and measuring ingredients.

People around the world choose different foods.

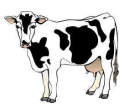
Understand food safety rules.

Name and use basic cooking equipment.

Year 8

All food comes from plants or animals.

Year 7



Basic cooking skills.

Use a range of food preparation skills with supervision.

Name taste and prepare a broad rage of ingredients.

Understand how food is grown, reared caught and processed.

Get ready to cook.

We need food and water to stay alive.

Tasting different foods.

Primary Blue

Primary Yellow

Primary Red

The 'Eat Well Guide'.

Eat socially with others.

A variety of food is needed for our health.

Healthy and unhealthy foods.

Foods I like and dislike.