

Food Preparation and Nutrition Learning Journey



- To provide a curriculum built on the principles of nutrition, with a clear understanding of healthy eating and the Eatwell guide.
- To develop confidence and independence at selecting and modifying recipes, allowing them to plan, prepare, cook, and present a range of dishes.
- To provide opportunities to explore and investigate different ingredients, where they come from, their properties and functions.

<https://www.ocr.org.uk/Images/234806-specification-accredited-gcse-food-preparation-and-nutrition-j309.pdf>

