

# FOOD PREPARATION AND NUTRITION



End of Unit Written Assessment

What knowledge will I be tested on?



Practical Skills Assessment

How do I demonstrate competence in practical skills?



Science of bread and practical development of skills

How can I make meals healthy and balanced?



Introduction to food science: Carbohydrates

What are the working characteristics of ingredients?



Carbohydrates: The value in the diet

What is energy balance?



Recap on Health safety and hygiene

What is health & Safety in the food room?



YEAR 8