

KS3: Food Preparation & Nutrition Learning Journey

You will have developed robust knowledge and understanding of the six key areas of Food Preparation and Nutrition:

1. Nutrition, Food and Health
2. Food Safety
3. Food Choice
4. Food Provenance
5. Food Science

Making skills will advance in challenge and complexity over year 7, year 8, and year 9 with you showing progression of your independent practical skills.



"GCSE Food Preparation and Nutrition is an exciting and creative course which focuses on practical cooking skills to ensure students develop a thorough understanding of nutrition, food provenance and the working characteristics of food materials. At its heart, this qualification focuses on nurturing students' practical cookery skills to give them a strong understanding of nutrition."

Each serving (150g) contains

Energy	1046kJ	249kcal	Fat	3.0g	6%	Sugars	1.2g	2%	Salt	0.9g	18%
				LOW			LOW		HIGH		
				4%			7%		38%		

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/167kcal

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