

# THE KINGS LANGLEY FOOD PREPARATION AND NUTRITION LEARNING JOURNEY



Apply to study catering at college level to gain a qualification and progress into the industry



Life skills – Maintain a healthy, balanced lifestyle using knowledge of nutrition

Personal lifestyle development: how to lead and maintain a healthy diet

Develop skills: following own recipe and creating a time plan

Advance to a higher understanding of hygiene and its importance in food lessons

Consider Food Preparation and Nutrition as a GCSE option

Learn to allocate and delegate jobs

Working in pairs sharing a practical work area and equipment

Learn basic food and personal hygiene expectations

Introduction to a DT group and rotation format

Forge and develop friendships that will last a lifetime

Apply for and attend University to gain a degree in Food Science

Apply for and work in a job/internship in the food industry to progress learning and develop a career path

Complete written examination in GCSE Food Preparation and Nutrition

Begin work on Food Preparation Non-Exam Assessment worth 35% of final grade

Develop and practice practical skills independently in preparation for NEA2

Begin to produce revision materials and prepare for GCSE assessments

Apply for and attend University to gain a degree in Food Science

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Develop and practice practical skills independently in preparation for NEA2

Begin to produce revision materials and prepare for GCSE assessments

Prepare for GCSE by practicing written examination questions and sample NEA tasks

Developing knowledge of dietary requirements in individuals, religions and cultures

Take Year 9 written and practical assessments

Take Year 8 written and practical assessments

Take Year 7 written and practical assessments in Food Preparation and Nutrition

Get involved in the BNF Healthy Eating Week

Develop an interest in food

Meet our SLT and Pastoral leads through Y5 interviews

Develop a lifelong love of learning

Discover a range of flavours and develop an individual palette

Discover food likes and dislikes based on texture, taste and smell

Apply for a place at Kings Langley

Develop nutritional knowledge: the purpose of carbohydrates in the diet

Develop a basic skill set: How to use a hob and oven

Health and safety: Basic knife skills and safety precautions

Learn about the school's Character program and apply it to working in the food classroom

Learn to allocate and delegate jobs

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