

# Subject Learning Journey - Food & Nutrition



Leigh Academy  
Hugh Christie

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Research & Hypothesis

Analysis of investigative work

Practical Experiment

Demonstrating Technical Skills

Producing & Presenting Complex Dishes

Revision

Functional & Chemical Properties of Food

Vitamins & Minerals

Heat Transfer

Fat & Water Soluble Vitamins

Micro & Macronutrients

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Research Skills

Recipe Development

Plan, Prepare & Evaluate

Fresh & Seasonal Ingredients

Practical technical skills

Sensory Analysis

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Allergies & Intolerances

Religion & Culture

Vegetarian & Vegan

Pregnancy & Toddlers

Children & Teenagers

Adults & Elderly

Food Choices

Special Diets

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Food & Kitchen Safety

Equipment

Cooking Methods

Knife Skills

Healthy Eating

Eatwell Guide

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