



# Learning Journey: Year 10; Food Preparation and Nutrition

Final Projected Grade last year:

*I am happy/unhappy with my final projected grade from last year because ...*

*To continue to improve my projected grade I need to focus on the habit of \_\_\_\_\_ by ...*

## Term 1: Core Knowledge

Principles of Nutrition  
Diet and Good Health  
The science of cooking food  
Food Spoilage

TA1 Projected Grade:

## Term 2: Core Knowledge

Food Provenance and Food Waste  
Culture's and Cuisines  
Technological Developments  
Factors affecting food choice

TA2 Projected Grade:

## Term 3: Commodities

Cereals  
Fruit and Vegetables  
Milk, Cheese and Yoghurt  
Meat, Poultry, Fish and Eggs  
Beans, Nuts and Seeds, Soya, Tofu and Mycoprotein  
Butter, Oil, Margarine, Sugar and Syrup

Final Projected Grade:

### Careers:

*The career that interests me is ...*

*Subject will help me achieve this because ...*

METG



**LEARNING**  
HABITS

**Hard working**  
**Inquisitive**  
**Resilient**



**CHARACTER**  
HABITS

**Respectful**  
**Responsible**  
**Aspirational**