

Curriculum Big Ideas

Food and Nutrition

- Food and ingredients should reflect the recommended guidelines for a healthy diet based on the main food commodity groups – a balanced diet is essential.
- Food preparation skills can be developed, applied and combined to achieve specific culinary outcomes that meet nutritional needs.
- Cooking and preparation techniques affect the appearance, colour, flavour, texture, aroma and overall palatability of food.
- The selection of appropriate preparation and cooking methods can conserve or modify nutritive value.
- Chefs and cooks must develop the ability to review, improve, and modify recipes to create effective dishes by selecting the most appropriate ingredients, skilful preparation techniques, cooking methods, and portion control.