

Big Ideas

Big Ideas are the building blocks of subjects. They are: -

- Concepts and ideas that help us make sense of lots of otherwise isolated or disconnected facts.
- Principles, theories, or processes that serve as a focal point of a subject.
- Something that changes the way we think about information or schema.

The big ideas in this subject are: -

Big Idea	Description
Nutrition	Understanding the source and functions of nutrients and the impact of unsatisfactory intake in relation to different life stages and special diets, underpinned by the Eatwell Guide.
Culinary skills	Confident and independent application of a range of preparation, cooking and presentation techniques, whilst applying the principles of food safety and hygiene.
Commodities	Using the Eatwell Guide to identify different food groups, understanding the properties of commodities and food provenance.
Food safety	Know how food causes ill health in relation to hygiene and special diets. Competency in being able to minimise risks to health and safety.
Industry	To understand the Catering and Hospitality establishments and provisions, including relevant job roles, working contracts and legislation. Recognition of factors that affect the success of these businesses.