

# HOSPITALITY AND CATERING LEARNING JOURNEY

**KEY OBJECTIVES: UNDERSTAND AND APPLY PRINCIPLES OF NUTRITION AND HEALTH. COOK A REPERTOIRE OF PREDOMINANTLY SAVOURY DISHES SO THAT THEY ARE ABLE TO FOOD THEMSELVES AND OTHERS A HEALTHY AND VARIED DIET. BECOME COMPETENT IN A RANGE OF COOKING TECHNIQUES ( FOR EXAMPLE, SELECTING AND PREPARING INGREDIENTS; USING UTENSILS AND ELECTRICAL EQUIPMENT; APPLYING HEAT IN DIFFERENT WAYS; USING AWARENESS OF TASTE, TEXTURE AND SMELL TO DECIDE HOW TO SEASON DISHES AND COMBINE INGREDIENTS; ADAPTING AND USING OWN RECEIPES) . UNDERSTAND THE SOURCE, SEASONALITY AND CHARACTERISTICS OF A BROAD RANGE OF INGREDIENTS.**

