

**Food**

| <b>Year</b> | <b>Fi1 - Essential Foundations of Food: The Eatwell Guide</b>                                       | <b>Fi2 – Culinary Skills in Food and Hospitality</b>   | <b>Fi3 - Dish Preparation and Presentation Food Diversity</b>                                   | <b>Fi4 - Safety Standards in Food and Hospitality</b>   | <b>Fi5 - Food and Hospitality Operations</b>  | <b>Fi6 - Menu Planning and Evaluations</b>   |
|-------------|---|--|---|---|---|--|
| <b>7</b>    | <ul style="list-style-type: none"> <li>• Introduction to healthy eating habits</li> </ul>           | <ul style="list-style-type: none"> <li>• Introduction to kitchen basics</li> </ul>                 | <ul style="list-style-type: none"> <li>• Basic dish preparation techniques</li> </ul>           | <ul style="list-style-type: none"> <li>• Basic food safety practices</li> </ul>                               | <ul style="list-style-type: none"> <li>• Introduction to food service</li> </ul>                                  | <ul style="list-style-type: none"> <li>• Reflecting on foundational knowledge: culinary fundamentals</li> </ul>                  |
| <b>8</b>    | <ul style="list-style-type: none"> <li>• Exploring food groups and portions</li> </ul>              | <ul style="list-style-type: none"> <li>• Exploring culinary techniques</li> </ul>                  | <ul style="list-style-type: none"> <li>• Introduction to food diversity</li> </ul>              | <ul style="list-style-type: none"> <li>• Understanding hygiene and sanitation</li> </ul>                      | <ul style="list-style-type: none"> <li>• Kitchen management</li> </ul>  | <ul style="list-style-type: none"> <li>• Reflecting on culinary advancement: progress and proficiency</li> </ul>                 |
| <b>9</b>    | <ul style="list-style-type: none"> <li>• Understanding Macronutrients and Micronutrients</li> </ul> | <ul style="list-style-type: none"> <li>• Practical skill development</li> </ul>                    | <ul style="list-style-type: none"> <li>• Specialised cuisine and cultural influences</li> </ul> | <ul style="list-style-type: none"> <li>• Advanced kitchen safety protocols</li> </ul>                         | <ul style="list-style-type: none"> <li>• Exploring catering and event management</li> </ul>                       | <ul style="list-style-type: none"> <li>• Culinary proficiency and evaluation</li> </ul>  |
| <b>10</b>   | <ul style="list-style-type: none"> <li>• Specialised dietary considerations</li> </ul>              | <ul style="list-style-type: none"> <li>• Advanced cooking methods</li> </ul>                       | <ul style="list-style-type: none"> <li>• Exploring culinary creativity</li> </ul>               | <ul style="list-style-type: none"> <li>• Specialised health and safety training</li> </ul>                    | <ul style="list-style-type: none"> <li>• Specialised hospitality and catering training</li> </ul>                 | <ul style="list-style-type: none"> <li>• Specialised cuisine and professional menu development: practical application</li> </ul> |
| <b>11</b>   | <ul style="list-style-type: none"> <li>• Professional standards in nutrition</li> </ul>             | <ul style="list-style-type: none"> <li>• Specialised cuisine and professional practices</li> </ul> | <ul style="list-style-type: none"> <li>• Professional dish presentation</li> </ul>              | <ul style="list-style-type: none"> <li>• Professional standards in hospitality and catering safety</li> </ul> | <ul style="list-style-type: none"> <li>• Professional standards in hospitality and catering management</li> </ul> | <ul style="list-style-type: none"> <li>• Professional evaluation and reflection in culinary excellence</li> </ul>                |