

<b>1. Food, Nutrition, and Health</b>			
Understand the functions of macronutrients and micronutrients.			
Identify sources of various nutrients in different food groups.			
Describe the role of vitamins and minerals in the diet.			
Adapting recipes for different dietary needs.			
Understand the nutritional needs of different life stages (infancy, adolescence, adulthood, elderly).			
<b>2. Food Science</b>			
Understand food spoilage and preservation methods.			
Explain the effects of cooking on the nutritional value of food.			
Describe the role of heat in cooking methods (baking, boiling, frying, etc.).			
Investigate food properties and their sensory qualities (taste, texture, aroma).			
<b>3. Food Safety</b>			
Identify the principles of food safety and hygiene.			
Understand the causes and prevention of foodborne illnesses.			

Explain the importance of proper food storage and handling.			
Know the regulations and guidelines for food safety.			
<b>4. Food Choice</b>			
Understand the factors that influence food choices (cultural, social, economic, ethical).			
Investigate dietary needs and preferences (allergies, intolerances, lifestyle choices).			
Analyze food labeling and marketing influences on consumer choices.			
Improving sensory qualities of food.			
<b>5. Food Provenance</b>			
Understand the origins of different foods and their production processes.			
Emulsion sauces.			
The process of cheese making and how moulds are used.			
To understand seasonality and what that means.			
Understand global food supply chains and their impact on food availability and choice.			