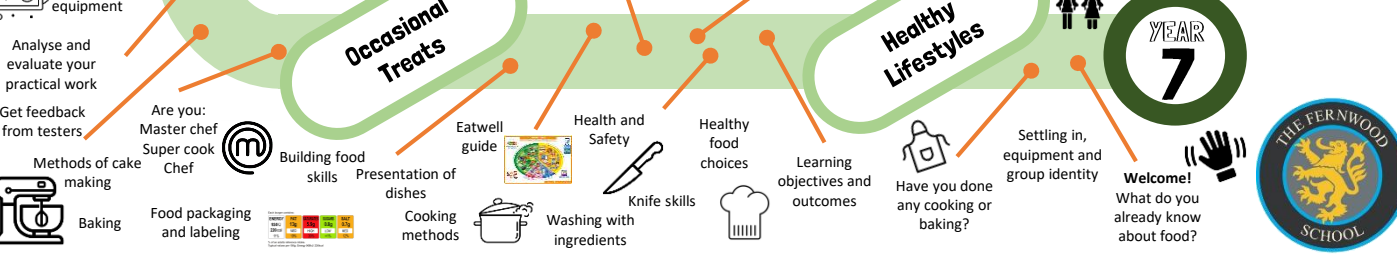
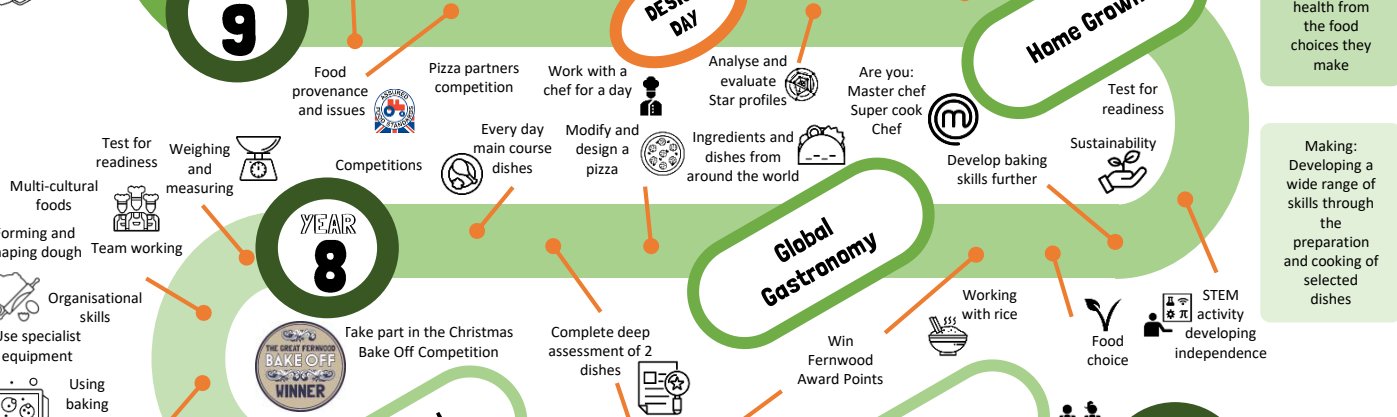
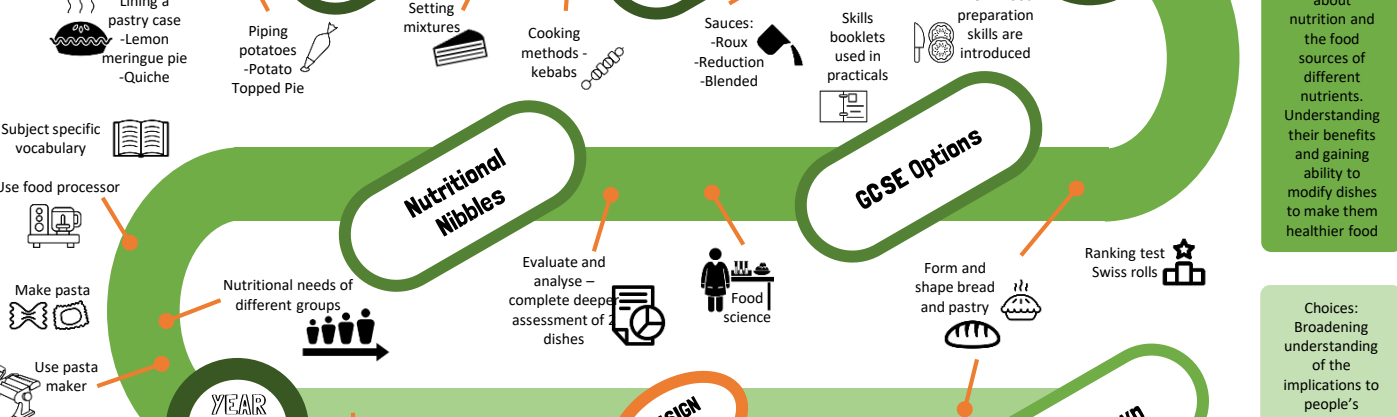
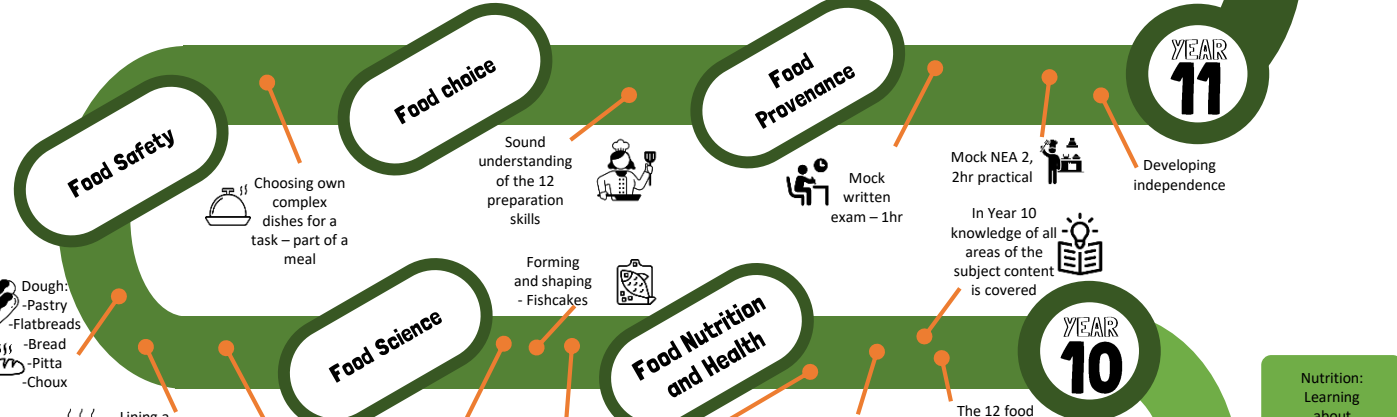
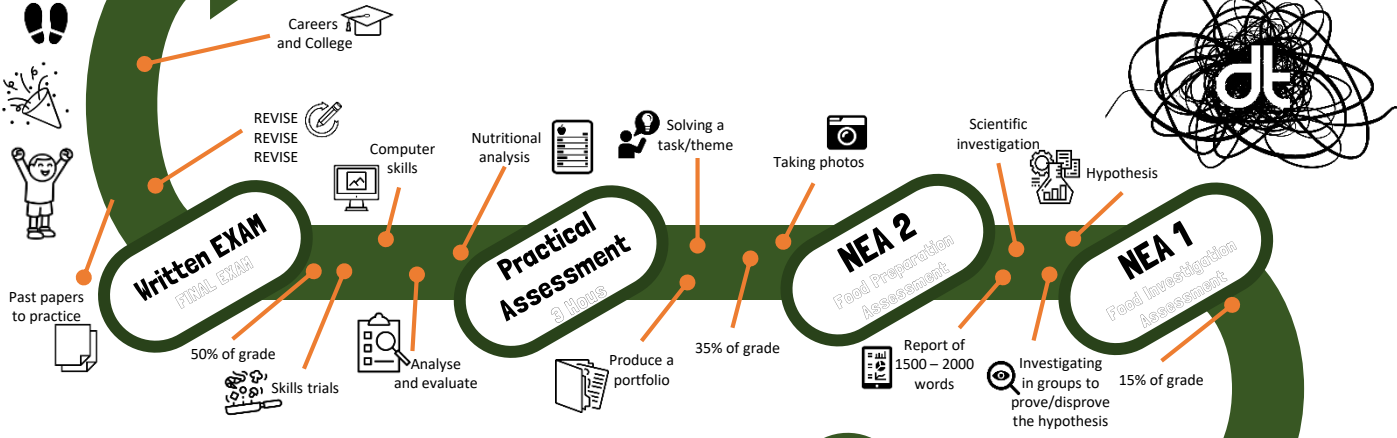
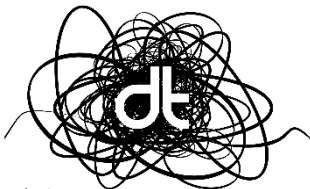


# Food Preparation & Nutrition



**Nutrition:** Learning about nutrition and the food sources of different nutrients. Understanding their benefits and gaining ability to modify dishes to make them healthier food

**Choices:** Broadening understanding of the implications to people's health from the food choices they make

**Making:** Developing a wide range of skills through the preparation and cooking of selected dishes

