

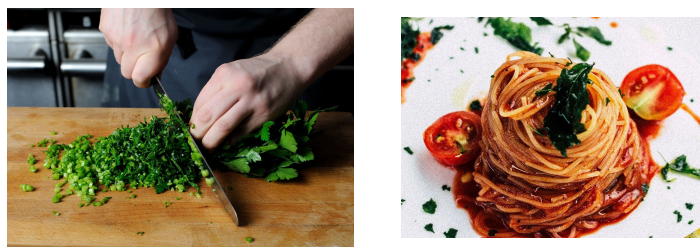


## Nutrition



Understanding the importance of macro and micro nutrients and why we need them.

## Practical Skills



Development of basic, medium and complex practical skills including food preparation, food safety, knife skills, cooking methods and presentation.

## Dietary Needs



Understanding the importance of dietary requirements and adapting dishes to suit a variety of customer needs.