

# Home Economics S1-S6

## BGE S1-S3

Introduction to the Kitchen

Eatwell Guide

Personal and Kitchen Hygiene

Dietary Goals

Cooker Control

Sustainability

Weighing and Measuring

Textiles

Knife Skills

Foods around the world

Nutrition

## Senior Phase S4-S6

### Hospitality

Organisational skills

Understanding and Using Ingredients

Function of ingredients

Costing

Food Storage

Knife Skills

Time Planning

Cookery processes

Skills and techniques in the kitchen

