

**Years 9 - 11**

**Hospitality & Catering**

**GCSE Food Preparation & Nutrition**

**On YouTube watch and make notes on the following videos produced by BBC Teach:**

- **Food Safety**
- **Healthier Cooking**
- **8 Guidelines for Healthier Eating**
- **Food Labelling**
- **Hydration**
- **Food Production**
- **Sensory Perception**

**This work should take at least 2 hours if it is done thoroughly**