

Food Technology

Year 9

Please use this Route Through to learn more about what students are learning in lessons, and how they can extend their learning at home. Please contact the Head of Department or Director of Year for more information.

Subject	What are students learning in lessons?	What could students do to extend their learning and develop their character?
Autumn Term 1	Food safety: Which foods are high risk and what can happen if we don't control the risks? How to handle high risk foods safely: chicken fajitas.	Be responsible: Produce an information leaflet about how to store, handle and cook foods safely in the home.
Autumn Term 2	Protein: why we need protein, foods that provide protein. Fats: we need fat, how we can make healthier choices about the fat we eat, cooking meatballs and alternatives as a high protein, low fat dish.	Be curious: how can vegetarians and vegans ensure that they eat enough protein?
Spring Term 1	Pasta as a staple starchy carbohydrate: gluten formation and savoury dishes. Researching ingredients: scientifically analysing ingredients to support nutritional and functional decisions.	Be creative: adapt traditional pasta dishes such as carbonara and bolognese to include high protein and low fat ingredients.
Spring Term 2	Nutritional analysis: Using nutritional data to compare recipes and justify decisions.	Be reflective: What practical skills have you learnt, and how could you use them in the future to eat healthily?
Summer Term 1	Research and cook: research, select, plan and cook a seasonal celebratory dish.	Be reflective: how could you modify your dish to meet nutritional guidelines more successfully?
Summer Term 2	Food waste: reducing waste by making wise choices and utilising ingredients fully.	Be proactive: how can you persuade other people to reduce food waste?

How should I plan my time?	Assessment	Home Learning
	Students think hard and answer lots of questions every lesson. Students practice and get feedback on their work. Exam: Students will not sit an exam.	No compulsory home learning.