

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: handling high risk foods safely, consequences if food risks are not controlled, 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: research vegetarian and vegan protein sources and create an information leaflet to help people following these diets 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 courageous: redesign traditional pasta dishes, such as carbonara and bolognese, to be high-protein and low-fat. Present your ideas as recipe cards.
Spring Term 2	Nutritional Analysis: Using nutritional data to compare recipes and justify decisions.	Be reflective: create a skills portfolio showing practical skills you have learned and how they could help you eat healthily in the future.
Summer Term 1	Research and Cook: research, select, plan and cook a seasonal celebratory dish.	Be curious: research a traditional May Day celebration and create a recipe page for a food linked to the event.
Summer Term 2	Food Waste: reducing waste by making wise choices and utilising ingredients fully.	Give service: create a campaign poster encouraging people to reduce food waste.

	Assessment	Home Learning
How should I plan my time?	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.	Character tasks to continue the joy of learning beyond the classroom.