

## Year 9 – Food Technology

### Course Specifications

**Course Title:** *Food Preparation and Nutrition*

**Grading:** *Assured/ Secure/ Developing/ Emerging & ALT grades*

### Course Details

#### What will you learn?

##### Year 9

##### **Autumn:** *H&S and Nutrition*

- Health, safety and hygiene
- Eat well guide & healthy eating
- Micronutrients (Vitamins & minerals) and macronutrients (Carbohydrates, fats & Proteins)
- Diet through the ages
- Specific dietary needs & nutritional deficiencies
- Specific lifestyle needs and factors affecting food choice
- Making a range of dishes related to Nutrition and dietary needs & choices.

##### **Spring:** *International cuisine and food provenance*

- Where and how foods are grown, reared, or caught
- Primary and secondary processing of food
- The environmental effects of food miles and food waste
- Food sustainability and security
- Factors affecting food choice
- Making a range of dishes related to different countries & cultures.

##### **Summer:** *Food Science*

- Why is food cooked? And how heat is transferred to food?
- Appropriate cooking methods
- The positive use of microorganisms in food production
- Food science of carbohydrates, Fats and Proteins.
- Making a range of dishes related to food science.

**How will you be assessed?****During the course:**

Students will be assessed in the following ways:

1. Sitting a mid-year written examination to assess their theory of the subject.
2. The quality of your final dishes will be assessed.
3. The quality of your written evaluations and homework.
4. Sitting an end of year written exam.

**At the end of the course:**

Pupils will sit a 1 hour written exam at the end of the year.

**What independent work can you do?****Learn:**

Glossary of Key Terms [[LINK](#)]

**RAG and Revisit:**

Practical PLC [[LINK](#)]

Written exam PLC [[LINK](#)]

**Which resources should you use?**

- Recipes - [www.bbcgoodfood.com](http://www.bbcgoodfood.com)
- Seneca interactive learning - <https://senecalearning.com/en-GB/>
- Information and resources about fair-trade and sustainability - [www.fairtrade.org.uk](http://www.fairtrade.org.uk)
- Organic food information - [www.soilassociation.org/](http://www.soilassociation.org/)
- BBC Bitesize food technology area - <https://www.bbc.co.uk/teach/class-clips-video/articles/zvjh8xs>
- BBC Bitesize - <https://www.bbc.co.uk/bitesize/subjects/zdn9jhv>
- Nutrition - [www.nutrition.org.uk](http://www.nutrition.org.uk)
- The Eatwell guide: <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>