



## Year 9 Food Learning Map



- TERM 1 -

### Fakeaways

During this unit you will develop fundamental knowledge to enable you to be successful in a practical environment. You will apply the principles of a healthy balanced diet to the foods you make, looking at how to make healthy versions of common “takeaway processed foods” you will also make links to dietary recommendations.



#### LINKS TO PRIOR LEARNING

This unit will enhance the learning from KS3 in relation to reading and understanding recipes, adapting and modifying them and deepening your knowledge to apply key techniques with a higher level of accuracy.



- TERM 2 -

### Food Around the World – Food Commodities

Throughout this term we will look in depth at a range of commodities such as bread and pastry products with links to food around the world. We will develop our knowledge of food provenance, nutrition, the science of cooking and the practical application of this knowledge in the kitchen environment.



#### LINKS TO PRIOR LEARNING

This unit links to prior learning at KS3 with fundamental knowledge of food groups, portions, seasonality, and where food comes from being further embedded.



- TERM 3 -

### Healthy Lifestyles – Making Healthy Choices

Throughout this term we will build on our fundamental knowledge from term 1 and be able to analyse existing diet including your own against recommendations and providing suitable improvements based on making healthy choices.



#### LINKS TO PRIOR LEARNING

This unit links to prior learning at KS3 with fundamental knowledge of food groups, portions, seasonality, and where food comes from being further embedded.

