



Year 9 Food Learning Journey Food

Health and Nutrition – Theme (fakeaways)

Core knowledge	Reference number
Establishment of routines. Recap on learning from year 8 with a baseline test	
Eatwell guide – recap – identification of the food groups, nutrients, functions and sources- Q) How much is too much for one meal – takeaways analysis	
Practical knowledge – Vegetable cuts key knife skills – followed by soup,	
To make connections between healthy balanced diets and excess and deficiency disorders	
Whole class Feedback – learning checkpoint	
Practical application of knowledge – FPT Portioning chicken key skills – home -made chicken nuggets	
Energy balance – importance explanation of energy dense foods	
Q) Can we tell the difference between homemade, and shop bought products? Taste test and nutritional analysis	
Practical application of knowledge – ‘naked burger ‘ Chef stations	
Nutrition labels – understanding allergy advice and intolerances in foods	
Whole class Feedback – learning checkpoint	
Food poisoning – making links to the 4Cs with references to key temperatures	
Practical application of knowledge – Healthy kebab (temperature checks) handling high risk food	
Whole class Feedback – learning checkpoint	
Food commodities – handling pastry – Tasting / designer pastry “Pasty shack”	
Practical application of knowledge – Ready Steady Cook- Rice/ Pasta demonstration of skills so far (Buddha bowl)	
Analysis of the product – evaluation, sensory and nutritional analysis.	

Learning Checkpoints

LC Title		
Explain the importance of a healthy balanced diet Analysis of a food label in reference to recommendations” Explain the importance careful hygiene practices when preparing and cooking food”		

Key Vocabulary

Functions, sources. Nutrients, recommendations, al dente, danger zone, binary fission, DRVS (dietary reference values) intolerance , allergies, anaphylaxis