

## Year 9 Food and Nutrition

During Y9 Lifestyle: Food and Nutrition students will:

- Identify and explain nutritional requirements of different groups.
- Explore nutrients, functions and sources within the food we eat.
- Identify and describe specialist diets and their requirements.
- Learn how to analyse recipes and meal plans.
- Develop confidence in adapting a recipe for a specific diet.
- Explore how we can use specialist ingredients to replace nutrients within a recipe.
- Learn how to effectively cost and plan a new recipe.
- Consider ingredients and cooking methods used to reduce fat, salt and sugar content.

		Working Towards Target	At Expected Target	Above Expected Target
<b>UNIT 1</b> Food and Nutrition The Nutritionist	<b>Making and practical activities</b>			
	<b>Knowledge and understanding</b>			
	<b>Analysis and evaluation</b>			
	<b>Cross Curricular Skill</b>			
<b>Overall unit performance</b>				

<b>FFL:</b>	<b>Meeting behaviour for learning standards</b>	<b>Actively engaged in the learning</b>	<b>Regularly complete HWK to a high standard</b>	<b>Completing CWK to a high standard?</b>	<b>Is a resilient learner 'Doesn't give up easily'</b>
<b>Achieved:</b>					