

Year 9 Unit Overview: Food and Nutrition

You will learn about:

The Nutritionist project will allow you to review our nutritional needs and the requirements for specific groups of people and specialist diets.

You will analyse recipes and specific ingredients and develop skills in writing and planning your own recipes. This will include costing ingredients and considering the most ethical and cost effective means of buying your ingredients.

You will select a specific diet to explore in detail and create a range of dishes that will demonstrate your understanding of the particular requirements of this diet.

Through these practical trials, you will develop previously used skills in food preparation and explore new and more complex techniques within your cooking.

You will know and understand:

- Nutritional requirements
- Nutrients, Functions and Sources
- Specialist Diets and Their Requirements
- How to analyse recipes and meal plans
- How to adapt a recipe for a specific diet
- How we can use specialist ingredients to replace nutrients within a recipe
- How to effectively cost and plan a new recipe.
- Ingredients and cooking methods used to reduce fat and sugar content

Lesson Overview

Lesson 1 – Dietary requirements and specialist diets.

Research into diet of choice.

Lesson 2 – Meal planning. Identifying suitable alternative recipes and ingredients. **Practical- Turkey/Guorn Bolognese**

Lesson 3 – Preparing balanced meals for different ages.

Recipe analysis **Practical- 3 Veg Mac and Cheese**

Lesson 4 – Adapting Recipes and Meal Plans. **Practical- Pizza**

Lesson 5 – Plant based diets. Reducing Fat and Sugar Content. **Practical- Vegan Dessert Pot**

Lesson 6 – Designing Recipes, costing and time plans. Theory- Ultimate Showstopper Planning.

Lesson 7 – Whole Project Reflection. Practical- The ultimate...

Key Words

Nutrients

Religion

Specialist

Belief

Adapt

Alternative

Requirements

Identify

Evaluate

Techniques

Reduce

Justify

Ethical

Cultural

Cross curricular

P.E:

Understanding nutritional requirements of different groups. Analysing nutritional data. Analysing calorific and nutritional values of recipes.

Science

Energy requirements. Calorie intake and values of ingredients. Reactions during different cooking processes.

SMSC/PSHE:

Considering cultural diversity within food. Understanding religious and moral beliefs. Analysing and meeting the requirements of others.

Literacy:

Reading and writing of recipes and time plans. Describing nutritional requirements. Writing to explain and justify choice of recipes and ingredients. Evaluative descriptions. Key terms relating to nutrients.

Numeracy:

Analysing nutritional data. Measurements, temperatures and timings within recipes. Costing of ingredients.

Support materials and Websites

See important resources, feedback and information about lessons in your Showbie Class folder.

<http://www.foodafactoflife.org.uk/site.aspx?siteId=19&t=3>

<https://www.bbcgoodfood.com/>

<https://www.bbc.com/food/techniques>

<https://www.vegsoc.org/>

<https://www.bbc.com/bitesize/subjects/zb8jmp3>

