
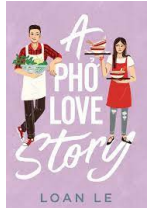
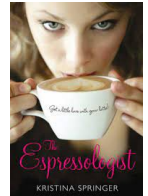


# Year 9 FOOD TECHNOLOGY & TEXTILES

Key Learning		Pre-Exposure Tasks	Linked Fiction
Autumn 1	<b>Principles of Health and Nutrition</b> Understand the importance of safe hygienic practices. Learn about the principles of good nutrition for healthy living and understand the foundations of a balanced diet. Develop practical skills both as individuals and as team members by preparing delicious and nutritious home-cooked food. Develop the ability to plan and prepare main meals and understand the reasons for cooking food, the equipment needed and how to apply sensory analysis when testing the outcomes.	Research the diet plans followed by the England football team or an Olympic athlete. Write up your findings adding images of the foods you discovered. What surprised you?	 <b>Stir it Up</b> Ramin Ganeshram
Autumn 2			
Spring 1	<b>Principles of Health and Nutrition</b> Consider the sources and function of nutrients in the body. Learn about the nutritional needs of different age groups and groups of society and explore deficiency diseases.	Collect 10 sweet snacks and drinks. Record the different levels of sugar contained in them. Identify any that you would not recommend to anyone and explain why.	 <b>A Pho Love Story</b> Loan Le
Spring 2	<b>Building a Food Repertoire</b> Develop skills to prepare delicious and nutritious home cooked food suitable for different dietary needs. Understand how to create a recipe and the basic principles for preparing a dish.	Look at the menus of three local restaurants. Choose the most appealing and explain why. Identify the menu that has a range of dishes that use food sourced locally - why is this important? Choose one dish and explain why you would like to cook this.	
Summer 1	<b>Building a Food Repertoire</b> Develop practical skills both as individuals and as a team to prepare delicious and nutritious home-cooked food suitable for teenagers (such as kebabs and wedges). Learn to recognise how to plan dishes for different dietary needs.	Create a recipe card for one of the dishes created this year, adapt and trial a new development at home. Photograph your outcome and evaluate it.	 <b>The Espressoist</b> Kristina Springer
Summer 2	<b>Textiles: Design an Abstract Print for an Interior Design Company</b> Use a range of design processes to analyse, research, design and create an abstract block print with the theme of 'fruit and veg' to be used within the interiors of a 'pop-up' restaurant.	Visit at least one food outlet, in person or via the website, and look at how the logo is used on products eg. napkins, cups. Photograph your findings and evaluate.	