

Subject: Food Technology

Year Group: 9

Week beginning	Subject Topic	Key Learning points/big questions	Independent/Home learning	Linked Assessment	Resources
7/9	Introduction/welcome. Fruit and vegetable project launch	Outline GCSE Food Preparation and Nutrition Course and career options. Nutrients – Macro nutrients - Protein, Carbohydrate and Fat. Micro nutrients - Vitamins and Minerals. Explain what the Eatwell guide represents. What is a fruit, what is a vegetable? Categories of each group and examples.		End of unit assessment	PowerPoint
14/9	Preservation methods and sensory analysis. Taste testing – frozen, fresh, Jam making and canned – strawberries	Explain the term Food Spoilage. What are the signs of food spoilage? Name 4 preservation methods used for fruits and vegetables. Give reasons for preserving fruit and vegetables. What effect does preservation methods have on the overall ingredient? Freezing, Pickling, Bottling, Drying, Canning, Jam making	Create a mind map summarising the preservation techniques - . Freezing, Pickling, Bottling, Drying, Canning, Jam making <i>Use key terms, make it informative and eye catching.</i>		

		How do you carry out a sensory test?			
21/9	Fruit and vegetables – Nutrients, cooking and preservation methods and 5 a day	<p>Nutrients found in fruits and vegetables – Eat the rainbow – Vitamins ACE & K, Minerals – Iron and Fibre. Water.</p> <p>How are fruits and vegetables categorised?</p> <p>Why should we eat a range of fruits and vegetables?</p> <p>As well as nutrients why else are fruits and vegetables a valuable commodity?</p> <p>What does 5 a day look like? What is a portion?</p> <p>Who can we ensure we incorporate a range of fruits and vegetables into our diet?</p>	<p>Create 10 challenging quiz questions about what we have covered so far in this topic.</p> <p><i>Write the questions with correct answers.</i></p>		
28/9	Vegetable cuts Carrots	<p>Be able to control a knife safely.</p> <p>Name 4 different vegetable cuts and understand how they can be used in recipes.</p> <p>Diced, Brunoise, Julienne, Plateau</p> <p>Understand how nutrients can be lost in cooking</p>	<p>Using your new skills practice the knife cuts at home. Don't forget to take a photograph for your homework book.</p>		
5/10	Seasonality	<p>How are foods grown?</p> <p>What is meant by the term seasonality?</p>	<p>Develop a presentation exploring seasonal foods. For each season (e.g. spring, summer,</p>		

		<p>What fruits and vegetables are in season at what times of the year?</p> <p>Why are fruits and vegetables limited to being grown at certain times of the year?</p> <p>Why eat the seasons?</p>	<p>autumn, winter), suggest a well-balanced main meal that could be made using the ingredients discussed.</p>		
12/10	Assessment / Seasonality	Complete assessment			
19/10	Assessment feedback / Food Miles	<p>What are food miles?</p> <p>Why is it important to consider the amount of food miles we use?</p> <p>What are the advantages and disadvantages of importing our food from different countries?</p> <p>How can food miles be reduced?</p>	<p>Identify the key terms we have used in this topic and write a glossary.</p> <p>Ensure each key word has a definition.</p>		
Half term					