

## Topic Lists

Year 9            Food & Nutrition

Pupils in KS3 will study D&T for half of the year and F&N for the remainder

Term 1	<p>Students will look at the nutritional needs of teenagers and how planning meals can help with the balance of nutrition. We will develop practical techniques and skills by cooking international dishes. What are functional properties? We explore this and apply this to ingredients. We will study the science of raising agents and gelatinisation in a roux sauce. Students will begin to build on their science of food knowledge looking into ingredients in more detail</p> <hr/> <p>Practical work will support this including; focaccia bread, Lasagne, Aloo Dum Potato and pea curry, Victoria Sponge Cake, Jam Tarts, Cheese Cake.</p>
Term 2 (half)	<p>In year 9 we consider food issues in the wider world, concentrating on seasonality and environmental food issues. Food provenance, looking at the sources of food and the function of certain foods in recipes. Students will look at life stages and how to plan balanced meals for specific life stages.</p>

*Please note that the order of delivery is continuously reviewed and may be altered if we feel that this would be appropriate; we aim to cover all of the topics listed above at some point in the academic year.*