

Food Technology – Year 9 Curriculum Map

	I am learning	I will be able to
<p>Unit 1 (approx. 10 weeks)</p>	<ul style="list-style-type: none"> • The names, functions and good sources of the three macronutrients. • To identify a range of micronutrients and explain their functions and good sources. • The importance the government guidelines for healthy eating and how they apply to me and my family. • Why food labelling is important and the key information which can be found. • The importance of the traffic light labelling system for foods. • To identify key ingredients and dishes which feature in traditional British cuisine. • The importance of international cuisines in Britain and identifying traditional dishes and ingredients from a range of countries including Italy, China and India. 	<ul style="list-style-type: none"> • Successfully create a number of dishes to a high standard of taste and presentation including – marble cake, sausage rolls, meatballs in tomato sauce, macaroni cheese and oat & raisin cookies. • Follow a recipe independently. • Demonstrate practical skills in using equipment and the hob, grill and oven. • Evaluate my own practical work and skills, identify aspects that were successful and areas for improvement.
<p>Unit 2 (approx. 10 weeks)</p>	<ul style="list-style-type: none"> • How to improve the practical skills learnt in Unit 1. • The importance of using seasonal ingredients in cooking. • How to cost a recipe in order to cook within a budget. • The main cooking methods including a range of moist and dry cooking methods. • Why we cook food and the three main methods of heat transfer. • The importance of understanding the factors affecting food choice. 	<ul style="list-style-type: none"> • Successfully create a number of dishes to a high standard of taste and presentation including – Dutch apple cake, chicken madras, salt & pepper chicken and pizza. • Follow a detailed recipe independently. • Demonstrate improved practical skills in using equipment and the hob, grill and oven. • Independently evaluate my own practical work and skills, identify aspects that were successful and areas for improvement