



**Year 9**

**Pathway 2/3/4**

**Food Technology - Summer Term**

**Learning Intention: Design and Making a Family Meal**

Students will have the opportunity to learn and extend their understanding of the different food groups and their importance in our diets. They will be doing this by focusing on the EatWell Plate. They will be looking at all the different food groups, the portion sizes and what makes up a well balanced meal. Students will have the opportunity to look at recipes that they would enjoy with their families with the focus of making it healthy. They will then design and make their meals and then evaluate to finish off the project.

**Key knowledge that should be learned during this SoW**

**All**

**Most**

**Some**

**Concept:**

How to build a balanced healthy Family Meal by using the EatWell Plate to guide them. To then go on and make their chosen Family Meal and then have the opportunity to evaluate what went well and how they could improve.

**Knowledge:**

To be able to design a healthy Family meal by selecting a range of ingredients guided by the EatWell Plate.

Understand and apply the principles of a healthy and varied diet

To understand the importance of a well balanced diet.

Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques

To understand the nutritional value of each food group on the EatWell Plate.

Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

**Key Skills:**

- Design a healthy Family Meal
- Build on culinary skills like: Slicing/Cutting etc

- To gain some understanding of the importance of each food group

- To gain understanding of the importance of each food group and their nutritional

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|   | <ul style="list-style-type: none"> <li>Students evaluate what they have made - self assessment</li> </ul>  | <ul style="list-style-type: none"> <li>Limited support when taking part in practical task</li> </ul>   | value <ul style="list-style-type: none"> <li>Little/no support when taking part in practical task</li> </ul>   |
| <b>Language and/or communication skills:</b>  | <ul style="list-style-type: none"> <li>Family</li> <li>Meal</li> <li>Balanced</li> <li>EatWell Plate</li> </ul>  | <ul style="list-style-type: none"> <li>Fruit and Vegetables</li> <li>Starchy Foods</li> <li>Meat and Alternatives</li> <li>Dairy</li> <li>Sugars/Fats</li> </ul> | <ul style="list-style-type: none"> <li>Nutrition</li> <li>Vitamins/Minerals</li> <li>Carbohydrates</li> <li>Protein</li> <li>Calcium/Iron</li> <li>Fats (Saturated/Unsaturated)</li> </ul> |
| <b>Curricular Links</b>   | Links to other learning within the subject are: Science/Resistant Materials/ PSHCE/PE  |  |  |
| Career Paths<br><b>Food/Hospitality Industry</b><br><b>Lesson Link:</b> Food Technology | <p><b>Key Stage 3</b></p> <p><u>Lesson Focus:</u></p> <ul style="list-style-type: none"> <li>Health and Safety</li> <li>Culinary Skills</li> <li>Design and Making</li> </ul> <p><u>Taking Points:</u></p> <p>Why is it important to learn about Health and Safety?<br/>           What types of jobs would H&amp;S be used/followed in?</p> <p><u>Career Links:</u></p> <p><i>Hospitality/Catering Industry:</i><br/>           Restaurants/Cafes/Shops/Hotels/Bars</p> <p>Jobs:</p> <ul style="list-style-type: none"> <li>Kitchen staff (chef/kitchen porter)</li> <li>Serving and preparing food</li> <li>Cleaner</li> <li>Waiter</li> </ul> |  |  |

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|  | <p><b><u>Resources used in lessons:</u></b></p> |
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|  | <p><a href="https://www.youthemployment.org.uk/dev/wp-content/themes/yeuk/files/catering-work-experience-guide-ks3.pdf">https://www.youthemployment.org.uk/dev/wp-content/themes/yeuk/files/catering-work-experience-guide-ks3.pdf</a></p> |
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