

Year 9 Food and Nutrition

Topic 4: Environmental concerns

Food Miles - Carbon footprint - availability, affordability accessibility

Topic 3: Factors affecting food choice

Religion - Vegetarian / Vegan diet - Allergies and intolerance - high fibre diets

Topic 2: Careers

Feeding the nation - Educating the nation

Topic 1: Diet and Health

Eatwell guide - Healthy eating tips - Energy needs - Nutritional needs of different groups



Knowledge	Attributes / Character	Skills	Experiences
<ul style="list-style-type: none"> ● Planning healthy diets - eatwell guide, 8 healthy tips for healthy eating. ● Energy balance ● Energy values ● Energy requirements of individuals ● Specific dietary needs or nutritional requirements of a range of life stages to include toddlers, teenagers, early, middle and late adulthood ● Careers in the food industry - careers that feed or careers that educate the nation. ● Planning a diet for specific lifestyle needs to include: <ul style="list-style-type: none"> ● Religion ● Vegetarians/vegans ● Individuals with specific dietary needs to include allergies and intolerances 	<ul style="list-style-type: none"> ● Confidence - New dishes / ingredients Presentation skills ● Organisation - Time management in practicals, group work ● Empathy - Consideration of the diet of others in terms of health, religion and other special considerations 	<ul style="list-style-type: none"> ● Respect for differing ideas and perspectives. ● Organisation / time management ● Adaptive to change ● Health and safety ● Independence in practical ● Food preparation skills and techniques 	<p>All students provided with ingredients to cook</p>