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| Year 9 – Food and Nutrition |  | | | | | |
| **Enquiry Question: How is saving money and eating well linked?** | | | | | | |
| **Unit title: Eatwell for less!**  Students will acquire knowledge on how cost may affect food choices and how to choose, buy and cook cost effective healthy meals. | | | | | | |
| **Knowledge**  Students will know about… | **Application/Skills**  Students will be able to… | Vocabulary  *(Tier 2 and 3)* | Home Learning | Assessment | Extra Resources  Extended Reading | Cultural Capital |
| Food safety and hygiene  Diet and health - Eatwell guide, 8 healthy eating tips  Factors that affect food choice  Food expenditure and costing meals  Food labelling - nutritional and ingredient content of food products  Recipes and different cuisines  Function and properties of ingredients (Food Science)  Food provenance- food growing, seasonality  Food presentation | Design and plan cost effective, tasty and healthy meals  Explain how food expenditure can affect food choices  Describe ways to save money when choosing, buying and cooking healthy meals  Prepare, cook and present good quality healthy food products  Demonstrate safe preparation and cooking techniques  Explore and present costing and nutritional analysis of meals.  Compare homemade meals with ready- made meals  Evaluate food products using sensory analysis for modification and improvement | Nutrition  Trends  Costing  comparison  Evaluate  contamination  modify  Hygiene  Food labelling  Food poisoning  Processing  Savoury  Palatability  Al Dente  Aesthetic | Food research based on food trends and expenditure  Recipe planning  Costing ingredients  Practical evaluations of dishes made  Choosing and planning ingredients | Teacher and class discussions  Food workbook  Self and Peer assessment.  Written evaluations  Short recall tests  Practical assessment of food skills  End of unit assessment | Eatwell Guide/ healthy eating  <https://www.nhs.uk/live-well/eat-well>  <https://www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less/>  Culinary expertise:  [www.bbcgoodfood.com](http://www.bbcgoodfood.com)  <https://www.nhs.uk/change4life/recipes/> | Tower Hamlets Food growing Network: <https://www.wen.org.uk/2019/10/23/sustainable-food/>  New Spitalfields Fruit and vegetable market: <https://newspitalfieldsmarket.co.uk/> |