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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 ResourcesExtended Reading | Cultural Capital |
| Food safety and hygieneDiet and health - Eatwell guide, 8 healthy eating tipsFactors that affect food choiceFood expenditure and costing meals Food labelling - nutritional and ingredient content of food productsRecipes and different cuisinesFunction and properties of ingredients (Food Science)Food provenance- food growing, seasonalityFood 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 mealsPrepare, cook and present good quality healthy food productsDemonstrate safe preparation and cooking techniquesExplore and present costing and nutritional analysis of meals. Compare homemade meals with ready- made mealsEvaluate food products using sensory analysis for modification and improvement  | NutritionTrendsCostingcomparisonEvaluatecontaminationmodifyHygieneFood labellingFood poisoning Processing SavouryPalatability Al DenteAesthetic | Food research based on food trends and expenditureRecipe planningCosting ingredientsPractical evaluations of dishes made Choosing and planning ingredients | Teacher and class discussions Food workbook Self and Peer assessment. Written evaluationsShort recall tests Practical assessment of food skillsEnd 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/>  |