

FOOD AND NUTRITION

Pupil year: **Upper 4 (Yr 9)**

Head of Department: **Mrs S Fanous**

SUBJECT OVERVIEW

At Key Stage 3 (years 9), we continue to develop the understanding and practice of basic nutrition and healthy eating with particular consideration of the role and function of macro and micronutrients. Students study current food provision whilst considering ethical food choices and continue to develop practical cookery skills for life.

Subject Topic

- Food provision, food miles and foodprint.
- Shopping for food.
- The importance and use of seasonal foods.
- Global food issues, sustainability and the importance of reducing food waste.
- Christmas cake design.
- Function and role of macro nutrients and Micronutrients.
- Proteins.
- Carbohydrates.
- Fats.
- Calcium, iron and vitamin C.

Skills / Attitudes

- Identify, develop and understand current food trends and issues.
- Design, make, evaluate and suggest improvements on a selection of related food products whilst encouraging ethical food choices.
- Develop manual dexterity and organisational skills considering custom, tradition and aesthetics.
- Design and make models using colouring techniques.
- Develop an understanding of the knowledge of main sources, function and role in the diet of the main nutrients.
- Use current nutritional ICT programmes to calculate the nutritional content of foods and to assess and evaluate the outcomes.
- Develop, extend and expand advanced practical skills.