

# FOOD AND NUTRITION

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

Head of Department: **Mrs S Fanous**

## SUBJECT OVERVIEW

In Upper 4 (Yr 9), we continue to develop the understanding and practice of basic nutrition and healthy eating with particular consideration of the role and function macro and micronutrients. We look at nutritional needs throughout life and how the choice of foods we eat affects our health. Students study current food provision whilst considering ethical food choice. Throughout all these topics we continue to develop high order practical cookery skills for life.

Subject / Topic	Skills / Attitudes
<b>Food and the environment, Food, Nutrition and Health</b> <ul style="list-style-type: none"><li>Food origins, food miles and the importance of reducing food waste.</li><li>The importance and use of seasonal foods.</li><li>Global food issues and sustainability</li><li>Christmas cake design.</li><li>Diet, nutrition and health.</li><li>Nutritional needs throughout life.</li></ul>	<ul style="list-style-type: none"><li>To identify, develop and understand current food trends and issues.</li><li>To design, make, evaluate and suggest improvements on a selection of related food products whilst encouraging ethical food choices.</li><li>To develop manual dexterity and organisational skills considering custom, tradition and aesthetics.</li><li>To design and make models using colouring techniques.</li><li>To develop an understanding of main sources, function and role in the diet of the main nutrients.</li><li>To understand how the choice of food throughout life stages affects health and wellbeing.</li><li>To use current nutritional ICT programmes to calculate the nutritional content of foods and to assess and evaluate the outcomes.</li><li>To develop, extend and expand advanced practical skills.</li></ul>