

Food Preparation & Nutrition- Year 9

Learning Intentions Autumn Term 2 2024- 2025

	LESSON 1
WEEK 9 wc 4 th November	<ul style="list-style-type: none"> To gain knowledge of what a nutritional need is. To understand why a range of target groups have different nutritional needs.
WEEK 10 wc 11 th November	<ul style="list-style-type: none"> Understand different types of special dietary needs, such as allergies, intolerances, and lifestyle choices (e.g. gluten-free, lactose-free, vegan, diabetic, etc.). Recognise the health conditions related to special diets, such as coeliac disease, lactose intolerance, and diabetes.
WEEK 11 wc 18 th November	<p>Practical Lesson- Sweet & Sour Chicken</p> <ul style="list-style-type: none"> To use the bridge and claw cutting techniques. To follow the recipe to make sweet and sour chicken. To safely prepare chicken without cross-contamination. To understand the different ways we can check chicken is safe to eat when cooked.
WEEK 12 wc 25 th November	<ul style="list-style-type: none"> To analyse diet diaries that link to people with special dietary needs. To look at recipe amendments for people with dietary needs.
WEEK 13 wc 2 nd December	PAZ LESSON
WEEK 14 wc 9 th December	<p>Practical Lesson- Thai Chicken Curry</p> <ul style="list-style-type: none"> To demonstrate the safe use of a knife. To use the two cutting techniques of the bridge and claw. Demonstrate the safe preparation and cooking of chicken (cross-contamination). To follow the recipe and method for the making of Thai Chicken curry.
WEEK 15 wc 16 th December	<ul style="list-style-type: none"> To look at biological raising agents. To understand the role of biological raising agents in bread making.