

# Food Preparation & Nutrition - Year 9

## Learning Intentions Spring Term 2

2024-2025

	LESSON 1
WEEK 22 wc 24 <sup>th</sup> February	<ul style="list-style-type: none"><li>• To understand the three different types of raising agents: chemical, biological, mechanical.</li><li>• To look at how raising agents work and the products they are used in.</li><li>• To understand what happens if too much raising agent is used.</li></ul>
WEEK 23 wc 3 <sup>rd</sup> March	<b>Practical Lesson- Blueberry Muffins</b> <ul style="list-style-type: none"><li>• To understand the role of raising agents in the recipe.</li><li>• To look at the creaming method and how it helps muffins to rise.</li><li>• To safely use the oven.</li><li>• To understand radiation as a heat transfer method.</li></ul>
WEEK 24 wc 10 <sup>th</sup> March	<ul style="list-style-type: none"><li>• To understand the term 'ethical food choice'.</li><li>• To look at pros and cons of intensive/organic farming methods.</li><li>• To look at foods that have been genetically modified.</li></ul>
WEEK 25 wc 17 <sup>th</sup> March	<b>Practical Lesson- Quorn Burrito</b> <ul style="list-style-type: none"><li>• To look at Quorn as a protein alternative (ethical food choice).</li><li>• To link recipe to Mexican cuisine.</li><li>• To use bridge and claw cutting techniques to prepare ingredients.</li></ul>
WEEK 26 wc 24 <sup>th</sup> March	<ul style="list-style-type: none"><li>• To understand sustainability linked to food.</li><li>• To look at the impact of non-sustainable foods.</li><li>• To understand food security.</li><li>• To look at the impact of food security worldwide.</li></ul>
WEEK 27 wc 31 <sup>st</sup> March	<b>Practical Lesson- Yoghurt Pizza</b> <ul style="list-style-type: none"><li>• Demonstrate the use of radiation as a method of heat-transfer.</li><li>• To demonstrate the use of yoghurt as a raising agent.</li><li>• To demonstrate the use of micro-organisms in cooking.</li><li>• To understand the importance of kneading in bread/pizza making.</li></ul>