

Food Preparation & Nutrition Year 9

Learning Intentions Summer Term 1

2024-2025

	LESSON 1
WEEK 28 wc 21 st April	<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 29 wc 28 th April	<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 30 wc 5 th May	Practical Lesson - Sweet & Sour Chicken <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 31 wc 12 th May	<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 32 wc 19 th May	Practical Lesson - Raspberry Buns <ul style="list-style-type: none">• To understand the rubbing-in method and why it is used in baking.• To have an awareness of the safe levels of sweet sugars in the diet.• To understand radiation as a heat transfer method.