

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat should be in each food group.

YEAR 9 FOOD & NUTRITION

5. Teacher Assessment

Swiss Roll

Stick your assessment here

1. Pre-Assessment

Hygiene and Safety

2. Peer-Assessment—Spelling Test

Key words: Gelatinisation, carbohydrate, intolerance, vulnerable, diarrhoea, coagulation, viscosity, coeliac, symptom, sensory

3. Home— Learning

Psychology of Food

4. Self Assessment

Quiche

Stick your self assessment here

Knowledge

the principles of nutrition and healthy eating, cooking techniques, food provenance and sustainability

Practical Application

Bolognese, Quiche, Macaroni Cheese, Muffins, Bread, Swiss Roll

Extension: Curry, Fish Pie, Lasagne

Skills

Confidently and safely produce a range of mainly savoury dishes using cooking techniques,

What is a special dietary need?

How do you thicken a sauce?