





Learning Intention Year 9 Food Technology	Vocab	Concept	Retrieval	Success Criteria	Hinge questions for this lesson	Red Zone
<b>Week 1:</b>	Diet Energy Obesity	To describe energy and explain why it is needed. To identify sources of energy in the diet.	Why do we need to eat food?  How many calories do we need?	Knowing how vital energy is in our diet	<b>What does the ‘use by’ date tell the consumer?</b> A. When the food tastes best B. When the food must be eaten by for safety C. When the food was packaged D. How much the food weighs   <b>Correct answer: B</b>	Exam-style questions on energy imbalance
<b>Week 2:</b>	Calcium Iron Sauce	To explain the sources, types and functions of calcium, iron and sodium. To explain the process of	Functions of nutrients in the body	How do we ensure a smooth sauce is made for a lasagne?  Know the names of all micronutrients	<b>Which choice is most sustainable?</b> A. Buying imported strawberries in winter B. Buying locally grown seasonal	Mix and match questions on micronutrients.

		gelatinisation in sauce making.			vegetables C. Buying food with lots of packaging D. Buying pre-prepared meals  <b>✓ Correct answer: B</b>	
<b>Week 3:</b>	Sensory  Attractive	To investigate ways in which food can be made appetising, including seasoning, flavouring, visual appearance, and presentation.	Food presentation  Portion control	How is food made appealing?	<b>What is the main function of eggs in a cake?</b> A. Sweetening B. Thickening and structure C. Preserving D. Colouring  <b>✓ Correct answer: B</b>	Nutrients quiz
<b>Week4:</b>	Conduction  Convection  Radiation	To research and explain different cooking methods	Name five dishes suitable for vegetarians	Why is food cooked?	<b>Which choice is most sustainable?</b> A. Buying imported	Mix and match different cooking methods

				How can food be cooked in different ways?	strawberries in winter B. Buying locally grown seasonal vegetables C. Buying food with lots of packaging D. Buying pre-prepared meals   <b>Correct answer: B</b>	
<b>Week 5:</b>	Young children  Dietary needs  Individual needs	To list and explain the nutritional needs of children and young people	Mini quiz on dietary needs	What are individual needs?  Why do we need nutrients?	<b>Which nutrient provides the body with the most energy per gram?</b> A. Protein B. Carbohydrate C. Fat D. Fibre   <b>Correct answer: C</b>	Mix and match on dietary needs.

<b>Week 6:</b>	Food choices Vegetarians Vegans	To list the food choices available for vegetarians and explain how their dietary needs are met.	Identify all the nutrients the individual needs.	Why do we all have different food choices?	<p><b>Why are starchy carbohydrates important in a healthy diet?</b></p> <p>A. They are the main source of vitamins</p> <p>B. They provide long-lasting energy</p> <p>C. They prevent dehydration</p> <p>D. They build muscle</p> <p> <b>Correct answer: B</b></p>	Food choice wheel
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