Year 9 Curriculum Content: Food technology

ASSESSMENT OBJECTIVES

AO1	Develop ideas through investigations, showing critical understanding of artist's work.
AO2	Selecting and experimenting with appropriate media, materials, techniques and processes.
AO3	Record ideas, observations and insights relevant to intentions as work progresses.
AO4	Present a personal and meaningful response that demonstrates understanding of visual language.

8 TIPS FOR HEALTHIER EATING

★ Base your meal on starchy carbohydrates
★ Eat lots of fruit and veg
★ Eat more fish including a portion of oily fish
★ Cut down on saturated fat and sugar
★ Eat less salt (max 6g a day)
★ Get active and be a healthy weight
★ Don't get thirsty
★ Don't skip breakfast

TV shows:
➢ Somebody Feed Phil.
➢ Bake Off. The professionals.
➢ Food Unwrapped.
➢ Eat Well for less.
➢ The Great British Bake off.
➢ Masterchef
➢ Saturday Kitchen

Chefs to follow:
☐ Anna Jones
☐ Nadiya Hussain
☐ Yotam Ottolenghi
☐ Max LaManna
☐ Heston Blumenthal
☐ Angela Harnett

Ultra processed foods

UPF	Foods that have been through many processes from food source to supermarket
Nova Classification	System of classifying foods from unprocessed, minimally processed to ultra processed.
Grown, reared, caught	Unprocessed or minimally processed foods
Preservative	Chemical that is added to food to extend shelf life
Additives	Chemicals added to food to bulk out the raw ingredients, enhance, colour, flavour.

THE EATWELL GUIDE
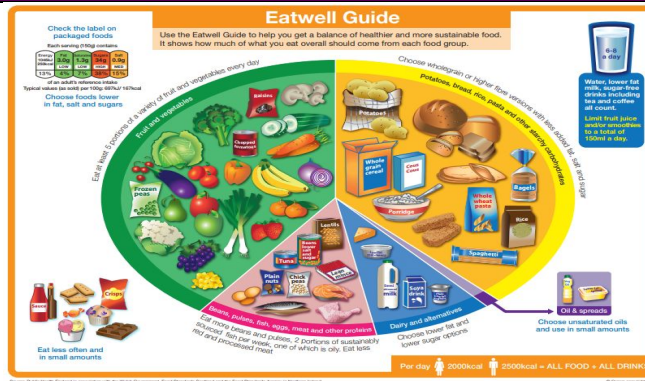
Examples of UPFS

The Nova Classification

Group 1: Unprocessed and minimally processed foods
Food that is grown, reared, caught

Group 2: Processed culinary ingredients
Food that is dried, canned, bottled, packaged, aged, salted

Group 3: Processed foods
Food that are cured, smoked, put in syrup, fermented, baked

Group 4: Ultra - Processed foods
Food that have additives that you would never add to home cooked foods ie. chemicals, colourings, preservatives, sweeteners. Foods undergo multiple processes that reduces the nutritional value of the raw foods