Year 9 Curriculum Content: Food technology T2

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.

Reasons for choosing plant based diet

We need to eat less meat and grow more food because of climate change	Eating a lot of meat increases risk of heart disease, high blood pressure due to saturated fat content	Cows produce large quantities of methane which heats up the planet	Plants provide us with fibre to keep our guts healthy which impacts brain health
For ethical reasons some people do not want to eat animals	For environmental reasons, some people want to eat less meat	Eating a plant based diet helps to maintain a healthy weight	Eating more plants reduces your risk of cancer

Dietary requirements

Vegan	All plant foods, protein alternatives: tofu, tempeh, TVP, quinoa. No animal based products.
Pescatarian	All plant based foods and fish. No meat or poultry. Some may eat dairy and eggs.
Vegetarian / lacto / ovo vegetarian	All plant based foods. No meat, poultry, fish Lacto vegetarian also eat milk and dairy Lacto-ovo also eat milk, dairy and eggs.
Gluten -free	Rice products, soya, maize(corn), cassava, linseeds, polenta, beans, peas, lentils, quinoa, sorghum, agar, nuts
Lactose free	All foods with no dairy in them. Specially produced lactose free products
High fibre	Fruit, vegetables, wholegrain cereals, breads, pasta, rice, peas, beans, pulses eg lentils, kidney beans
Low sugar	Fresh vegetables, fruit, milk, unsweetened milk products
Fat reduced	Naturally low-fat foods eg. fruits, vegetables, cereals, white fish, fat reduced cheese, spreads, milk etc.
Low sodium	Fruits, vegetables, milk, eggs, poultry, unprocessed meats

The 14 Allergens

Know your food labels. Who are they for? What do they stand for?