

Year 9 Learning Journey



What does the red tractor on some products mean?

Developing Practical Cooking skills

End

Making good choices about the foods you eat

Healthy Lifestyle

Importance of staying hydrated and active

Understand the term 'seasonality' and investigate some British fruits and veg that are



Consider a range of fast foods identify healthy and unhealthy choices

Healthy Fast Foods

Make a variety of healthy fast foods e.g. stir-fry



Developing

Following recipes which include protein foods

Practical Cooking Skills

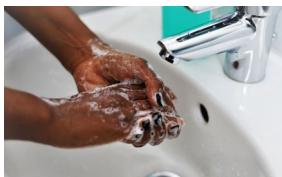
Working more Independently *



Vegan and vegetarian diets

Protein Foods

Sources of protein and why it is needed by the body



Able to follow all routines in the kitchen

Focus meat, fish, eggs and beans.....

Start

Food Hygiene and Safety

The Eatwell Guide

Apply knowledge

Focus dairy and alternatives



Teachers notes..... The work is planned in one 9 week carousel. The block develops knowledge and skills which the students can take forward into their lives, or further study in Y10 or 11 with the ASDAN Foodwise short course * level of independence will vary according to ability of student.

