

Year 9 – Food Theory

What are we learning about?

You will learn about what nutrients we can find in food, what their functions are in our bodies and what happens if we don't consume enough of them. The government has created a range of healthy eating guidelines to help us stay healthy, you will learn how to use these. We will explore how to avoid food waste and how to utilise foods that are in season.



Why are we learning about it?

Our bodies are very complex and is it essential that we know how they work and what we need to do to keep them working well. There are large amounts of people in our communities that are struggling with the cost of living. It is a useful skill to have throughout life to be able to utilise left over ingredients to create new dishes and avoid wasting food.



What new KNOWLEDGE will I gain?

- What are nutrients and why are they needed by the body.
- What happens if we don't eat the right foods.
- How to adapt recipe to make new and exciting creations.
- What ingredients are in season in the UK during the year.
- How much food is wasted in the UK and how you can avoid contributing to this.



How does this build on the SKILLS I already have?

The skills you have from year 7 and 8 have helped you to identify what a healthy diet is and people can adapt it to make healthier choices. This year you will be more self-aware about healthy diets and how to create this while being conscious about the environment and food waste.



What new SKILLS will I develop?

- Able to identify the nutrients our bodies need and where we can get it from.
- Identify and choose seasonal and local produce to create seasonal dishes.
- Ability to plan healthy meals to create healthy eating habits.



How does this build on the KNOWLEDGE I already have?

In year 8, you learnt the basics about nutrition and how to eat a balanced diet. You will be building your knowledge about nutrients and how they are needed by the body. We talk about food waste in lessons but have not covered this in depth to understand the impact on farmers and then environment.