

Subject	Year 9 Core Knowledge – Autumn/Spring/Summer term	How to support students' learning
Technology	<p>Food and nutrition - Fake Away</p> <ol style="list-style-type: none"> 1. Understand current issues linked to the inflation of food prices and how to shop within a budget. 2. Know how to read, understand, and use the nutritional information displayed on food to make healthier choices. 3. Know about saturated and unsaturated fat and the impact of these fats in the body linking to different health-related illnesses when not having a balanced diet. 4. Analyse a recipe to ensure it is suitable for a specific group of people and how each of the nutrients/ingredients may impact the body/diet. 5. Understand the roles of different nutrients and vitamins in the body and what food we get them from. 6. Evaluate food using correct terminology and techniques used in industry such as the star diagram. 7. Demonstrate how to cook a repertoire of predominantly savoury dishes using a range of cooking techniques and equipment. 	<ul style="list-style-type: none"> • www.foodafactoflife.com • https://www.food.gov.uk