

Subject: Food Technology

Year: 9

NEA Task 1: Nutrition	NEA Task 2: Dietary Groups	NEA Task 3: Cuisines
<p>Task options:</p> <ul style="list-style-type: none"> Plan, prepare and cook a meal that is high in iron. Plan, prepare and cook a meal that is suitable for an elderly person (65+). 	<p>Task options:</p> <ul style="list-style-type: none"> Plan, prepare and cook a meal that is suitable for a vegan. Plan, prepare and cook a meal that is suitable for someone with lactose intolerance. 	<p>Task options:</p> <ul style="list-style-type: none"> Plan, prepare and cook a meal from a Mediterranean cuisine. Plan, prepare and cook a meal from an Asian cuisine.
<p>Quiz 1:</p> <ol style="list-style-type: none"> NEA: Non-exam assessment, sometimes known as coursework. Research: Investigating using reliable sources from books and the internet; re-writing the information in your own words. Planning: Deciding on a meal to cook; adapting recipes to suit your chosen task. Iron: A nutrient needed for healthy blood, found in red meat and dark green vegetables. Elderly: adults aged 65 and over, requiring less energy rich macronutrients and more micronutrients (vitamins and minerals). 	<p>Quiz 2:</p> <ol style="list-style-type: none"> Prepare: Preparing ingredients for cooking, such as chopping, grating and mixing. Cook: Applying heat to a food, such as frying, baking and boiling. Vegan: A person who does not eat anything that comes from animals, including meat, fish, eggs and dairy foods. Lactose: The sugar found naturally in milk. Intolerance: A mild reaction to certain foods, usually causing digestive problems. 	<p>Quiz 3:</p> <ol style="list-style-type: none"> Present: Displaying food in an appealing way. Evidence: Using photos to demonstrate your preparation, cooking and presentation skills. Cuisine: Food that comes from a particular country or region. Mediterranean: Countries surrounding the Mediterranean Sea, such as Spain, France and Italy. Asia: Earth's largest continent, including countries such as Chinese, Japan and India.
<p>Checklist:</p> <ul style="list-style-type: none"> ✓ Research ✓ Planning ✓ Photos ✓ Evaluation 	<p>Checklist:</p> <ul style="list-style-type: none"> ✓ Research ✓ Planning ✓ Photos ✓ Evaluation 	<p>Checklist:</p> <ul style="list-style-type: none"> ✓ Research ✓ Planning ✓ Photos ✓ Evaluation
<p>Due date:</p>	<p>Due date:</p>	<p>Due date:</p>

Home Learning Tasks

- Your first homework task is to learn the keyword definitions/ key facts, as close to word for word as you can (the words in **bold** are the most important ones).
 - You could do this using one of the following methods: look, cover, write, check; black pen green pen mindmap; flash cards; any other method that works for you.
 - However, there needs to be **evidence** of you learning the words, you cannot simply read over them!
 - If you do not do well in the quiz I will ask to see evidence that you revised for the quiz.
- Your second homework task is to complete any unfinished parts of your NEA tasks, including research, planning, uploading photos, and evaluation.

Reminders

- Please email Miss Dickman (dickmanl@theebbsfleetacademy.kent.sch.uk) if you have any food allergies and/ or moral/ religious observations related to food (e.g. halal, vegetarian, etc.).
- Students are required to bring in containers for practical lessons, in order to take their food home. This is part of their required equipment for practical lessons.
- There will be a £10 cost associated with this course, known as the Technology fund, to cover the cost of ingredients and materials used. This must be paid online via ParentPay.