

## Year 9 (Summer 1)

### Understand the technological developments in the food industry

- Understand the factors that affect food technology
- Understand the importance of new technologies on food production
- Understand the importance of new technologies on food processing
- Able to describe the effects of processing on food and drink
- Able to identify and describe the positives and negatives of technological developments

## Year 9 (Summer 2)

### Understand the factors affecting food choice

- Able to identify a range of factors that influence food choice
- Able to describe the choices that people make according to a range of factors
- Able to describe how to make informed choices to achieve a varied and balanced diet
- Able to describe how marketing and advertising effects our food choices
- Understand how sensory perception guides the choices people make

# Minimum Expected Standards

## Food & Nutrition Year 9

Inside this booklet you will find a summary of all the knowledge and skills that the academy expects you to master in this subject by the end of the year.

These are the **minimum standards** that we set for all students. If you achieve this you should be on track to achieve at least a **grade 5/6 in your GCSE** in year 11.

During each half-term you will have regular '**learning checks**' to assess how well you are progressing against the expected standards. If you do not reach the expected standard in any of these checks you should be seeking help from your teacher, asking for study supports and using the materials on TGISpace to help you improve.

If you wish to push yourself further your teacher will also be sharing with you examples of how to go **beyond the expected standards**

**Tudor Grange Academy  
Solihull**

## Year 9 (Autumn 1)

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### Principles of nutrition

- Able to identify the different types of nutrients, their sources and functions within the body.
- Able to explain the importance of water and fibre in the diet even though they are not nutrients.
- Understanding the Eatwell Guide and its importance to consuming a healthy diet.
- Able to use the knowledge they have gained in lessons to choose appropriate dishes.
- Understand how pasta is cooked and how to test if it is ready to eat.
- Know the characteristics of starch and how important it is when making a sauce.
- Know the characteristics of eggs and their functions within a sauce.
- Know how to make a perfect roux sauce.
- Know the importance of precision when preparing ingredients and how to create a dish to a high standard.

## Year 9 (Autumn 2)

### Diet & good health

- Able to identify and describe different government dietary guidelines.
- Know the definitions for the key terminology that relates to diets and nutrients.
- Able to describe the dietary needs of different groups of individuals with specific detail.
- Able to show an understanding of special diets and dietary restrictions for different groups of people.
- Able to create a dish that would suit the specific needs of an individual of group of people.

## Year 9 (Spring 1)

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### The Science of cooking

- Understand why food is cooked
- Understand how heat is transferred to food
- Able to identify different methods used food cooking food
- Understand how to maintain the nutritional value of food through preparing and cooking
- Able to identify different types of raising agents and their functions
- Understand the scientific principles when preparing food
- Understand the scientific principles when cooking food
- Understand the basic terminology of food science

## Year 9 (Spring 2)

### Food provenance & waste

- Know the definitions for cultures and cuisines.
- Able to identify the factors that influence a cuisine.
- Able to identify the different types of cuisine available throughout the world.
- Know what the key ingredients are from each cuisine.
- Know what the popular dishes are from each cuisine.
- Able to prepare and cook a range of dishes from different cuisines.