

Food Technology – YR 9 - TERM 1.1



I LINK

- I can connect kitchen behaviour to food hygiene rules.
- I can relate diet plans to different life stages using the Eatwell Guide.
- I can match cutting methods to knife safety instructions.
- I can associate cooking tools with different types of heat transfer.
- I can tie dish presentation to its nutritional purpose.



I ANALYSE

- I can break down the Eatwell Guide into its key sections.
- I can inspect food labels to determine protein quality.
- I can identify hazards in a kitchen environment.
- I can investigate how the body uses protein.
- I can explore specific dietary needs.



I SOLVE PROBLEMS

- I can offer solutions to avoid food contamination.
- I can design a meal plan that meets nutrition needs.
- I can suggest safer ways to practise knife skills.
- I can identify ways to resolve issues when using the hob.
- I can adjust meals to meet specific dietary requirements.



I EVALUATE

- I can judge how effective my hygiene practices are.
- I can review how well the Eatwell Guide is used in planning.
- I can reflect on my personal protein intake choices.
- I can assess how well I use cooking equipment.
- I can critique a dish using a structured food evaluation chart.

I READ

- NHS Live Well – The Eatwell Guide - Website: <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide>
- Food a Fact of Life - Website: - <https://www.foodafactoflife.org.uk/>
- BBC Bitesize – Food Preparation and Nutrition (GCSE) - Website: <https://www.bbc.co.uk/bitesize/subjects/zbtvxyc>

I LEARN

1. To understand food safety, hygiene and kitchen practices.
2. To explore the Eatwell Guide and meal planning.
3. To develop key knife, hob and protein knowledge.

Food Technology –YR 9 - TERM 1.2



I INTERPRET

- I can explain the meaning of safety labels on kitchen equipment.
- I can understand and follow steps in a recipe independently.
- I can describe results using a star diagram chart.
- I can adjust recipes based on protein content and needs.
- I can summarise sensory feedback given about my food.



I PRACTISE

- I can demonstrate the claw and bridge technique when using knives.
- I can use the hob correctly to cook ingredients.
- I can follow methods to cook ingredients evenly.
- I can use a range of equipment to make recipes safely.
- I can improve my decoration skills when presenting dishes.



I APPLY

- I can transfer knowledge of hygiene to practical cooking tasks.
- I can use correct cutting techniques on different ingredients.
- I can operate a range of equipment safely in food preparation.
- I can integrate cooking skills into healthy meal preparation.
- I can use feedback to improve how I cook and present food



I EVALUATE

- I can assess how well my cutting techniques have improved.
- I can judge the results from my hob and frying pan use.
- I can reflect on how proteins affect health at different life stages.
- I can use tools like sensory charts to critique food quality.
- I can measure my learning progress across practical tasks.

I READ

- British Dietetic Association - Website <https://www.bda.uk.com/food-health/food-facts.html>
- Love Food Hate Waste – Website Storage and usage: <https://www.lovefoodhatewaste.com/>
- BBC Good Food – Website <https://www.bbcgoodfood.com/howto/guide/knife-skills>

I LEARN

1. To develop hands-on cooking techniques and safety skills.
2. To interpret and apply practical kitchen knowledge.
3. To evaluate their practical outcomes and improve recipes.