

Home Economics

The BIG Picture

Year 9

Term 1



- **The Eat Well Plate** - Fruit and Vegetables
 - Bread, Rice, Potatoes, Pasta and other Starchy Foods
 - Meat, Fish, Eggs, Beans and other Non-dairy sources of Protein
 - Milk and Dairy Foods
 - Food and Drinks high in Fat and/or Sugar
- www.eatwell.gov.uk

Term 2



- Adapting Recipes
- Labour saving equipment
 - Junk Food
- Convenience Foods



Term 3

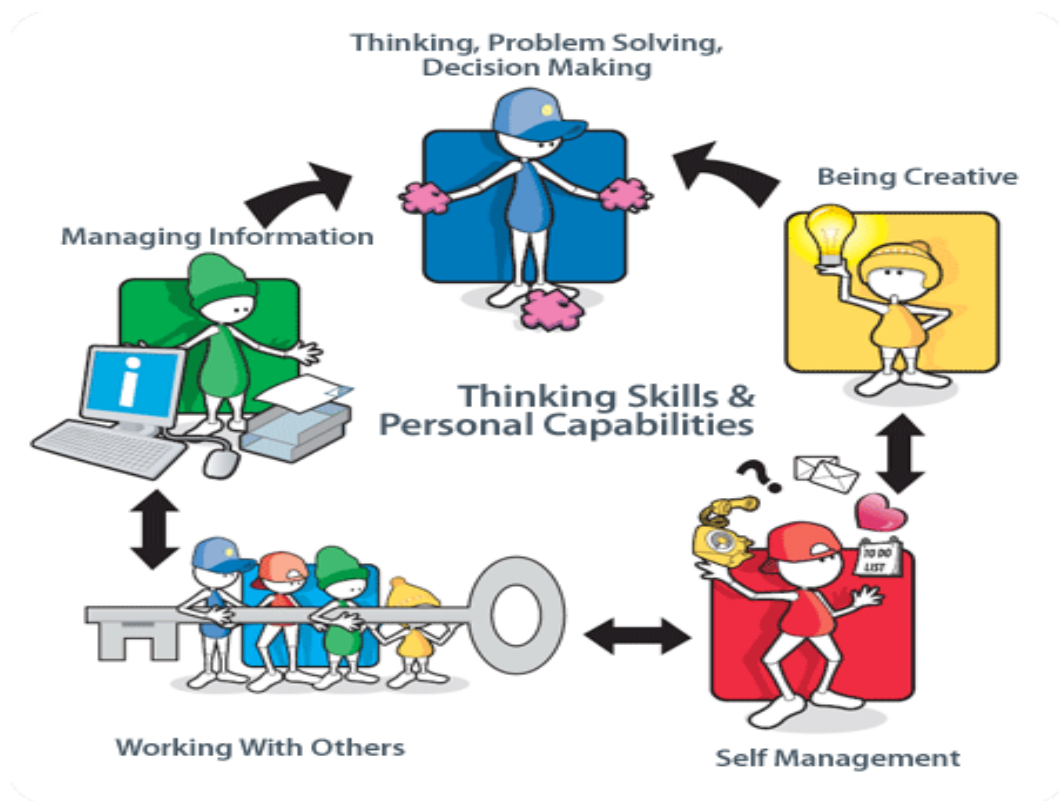
- Food Poisoning- www.foodlink.org.uk
- Consumerism - www.consumerline.org.uk

What will I be cooking?

Tomato and red pepper soup
Butterscotch scrolls
Healthy Burgers
Chicken and Vegetable Kebabs

Chocolate bread and butter pudding
Calzone Pizza
Sausage and Vegetable Rolls
Curried Vegetable Risotto

What Skills and Capabilities will I be developing and using in Home Economics?



Assessment for Learning?

In Year 9 this will involve :-

Written homework, topic tests, self - review, peer assessment, practical and written examinations

What must I bring to class?

A4 file, file paper, pencil case, learning organiser and an apron

What opportunities will be provided for ICT?

ICT will be included in:-

- Eatwell plate
- Food poisoning
- Consumerism

