



Home Economics

The BIG Picture

Year 9

Term 1

- Introduction to Year 9
- Fruit and Vegetables
- Potatoes, Bread, Rice, Pasta and other Starchy Carbohydrates
 - Christmas Food



Term 2

- Dairy and Alternatives
- Beans, Pulses, Fish, Eggs, Meat and Other Proteins
 - Food Poisoning

Term 3

- Oils and Spreads
- Modifying Recipes
 - The Family
- Diet Through The Lifecycle

What will I be cooking?

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| <ul style="list-style-type: none"> ▪ Chilli Chicken Wrap ▪ Vegetable and Noodle Stirfry ▪ Apple Crumble ▪ Bran Muffins ▪ Scone Based Pizza ▪ Chocolate and Orange Muffins | <ul style="list-style-type: none"> ▪ Butterscotch Scrolls ▪ Macaroni Cheese ▪ Savoury Muffins ▪ Steak Burger ▪ Sausage and Vegetable Rolls ▪ Chicken Curry |
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What skills and capabilities will I be developing?



