

Home Economics

The BIG Picture

Year 9

Term 1



The Eat Well Guide - Fruit and Vegetables

The Eat Well Guide - Potatoes, bread, rice, pasta and other starchy foods

The Eat Well Guide - Dairy and Alternatives

Term 2

- **The Eat Well Guide** - Beans, pulses, fish, meat and other proteins

- **The Eat Well Guide** - Oils and spreads & Additional guidance

- **Food Poisoning**



Term 3

Modifying recipes

The Family



What will I be cooking?

Tomato and red pepper soup

Butterscotch scrolls

Calzone pizza

Wheaten bread

Macaroni cheese

Herbed mince crumble

Chicken stir fry

Baked potato

Apple and blackberry crumble

Mallow berry delight

Mars bar Krispies

Sausage and Vegetable Rolls

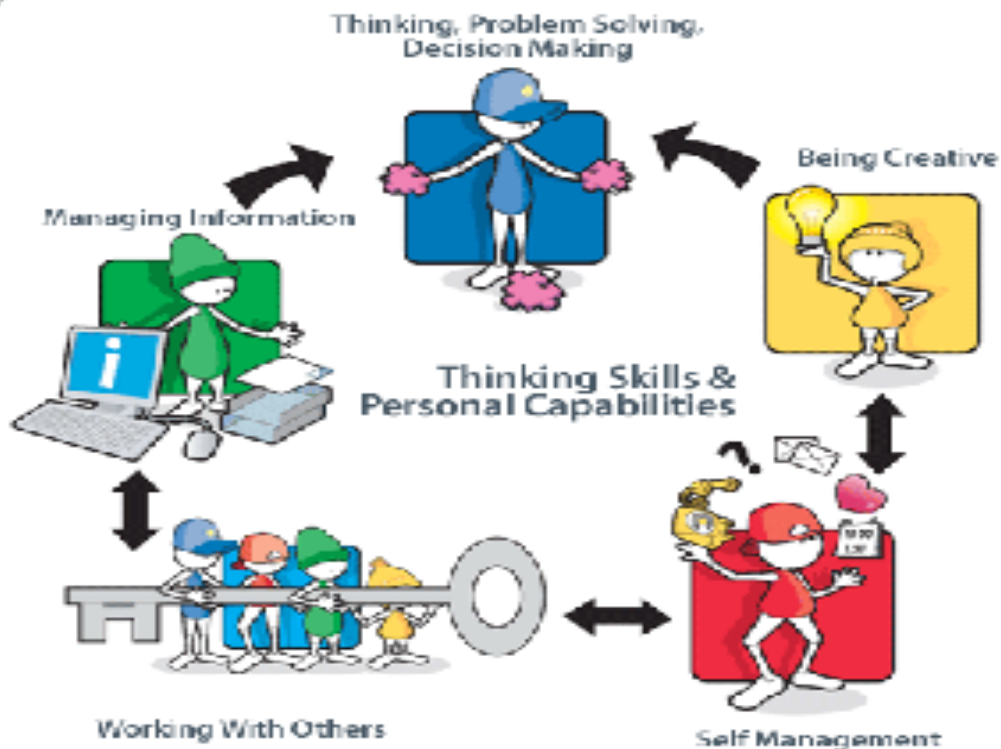
Curried Vegetable Risotto

Spicy turkey burgers

Baked apples

Chicken and broccoli bake

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:-

- The Eatwell Guide - Potatoes, bread, rice, pasta and other starchy foods
- The Family Roles and Responsibilities

