

Food & Nutrition Year 9 Curriculum Palette



Principles Of Nutrition

Macro & Micro Nutrients

Functions

Sources

Deficiencies

Proteins

Fats

Carbohydrates

Vitamins

Minerals

Balanced Diet

Year 9



Food Commodities

Meat & Poultry

Welfare

Cuts Of Meat

Choice Of Meat & Poultry



Energy Intake Vs Expenditure

Understanding PAL

Understanding BMR

Energy Balance

Making & Analysing Nutritional Labels

Nutritional Needs For Different Life Stages



Cooking Methods

Nutritional Value

Fish

Choices Available

Sustainability

How To Purchase

Nutritional Value

Eggs

Types Of Eggs Available

Welfare

Nutritional Information

Uses In Cooking

Milk, Cheese & Yoghurt

Alternative Proteins

Nutritional Value

Uses In Cooking

Types Of Fruit & Vegetables

Fruit & Vegetables

Nutritional Value

Uses In Cooking & How They Are Processed

Types Of Cereals

Cereals

How Milk Is Processed

Types Of Milk

How Cheese Is Made

How Yoghurt Is Made

Nutritional Value

Why People May Consume Alternative Proteins

Types Available

Protein Complementation

Fats & Oils

Types Of Fats

Exploring Associated Impacts On Health

Uses In Cooking

Sugars & Alternatives

Types Of Sugars & Sweeteners Available

Composition Of Sugar

Functions In Cooking

