

# Food Preparation & Nutrition - Year 9

## Learning Intentions Spring Term 1 2024-2025

	LESSON 1
WEEK 16 wc 6 <sup>th</sup> January	<ul style="list-style-type: none"><li>• To look at biological raising agents.</li><li>• To understand the role of biological raising agents in bread making.</li></ul>
WEEK 17 wc 13 <sup>th</sup> January	<ul style="list-style-type: none"><li>• To understand the importance of milk as a commodity.</li><li>• To look at primary and secondary processing of milk.</li></ul>
WEEK 18 wc 20 <sup>th</sup> January	<b>Practical Lesson- Simit Bread</b> <ul style="list-style-type: none"><li>• To understand the bread making process.</li><li>• To have an awareness of the safe levels of sweet sugars in the diet</li><li>• To understand conduction as a heat transfer method.</li></ul>
WEEK 19 wc 27 <sup>th</sup> January	<b>Practical Lesson- Mac 'n' Cheese</b> <ul style="list-style-type: none"><li>• To understand the bechamel sauce making process.</li><li>• To use conduction and convection as heat transfer methods.</li><li>• To follow the recipe for Mac 'n' Cheese.</li></ul>
WEEK 20 wc 3 <sup>rd</sup> February	<ul style="list-style-type: none"><li>• To understand the importance of fats in our diet.</li><li>• To know the sources of fats.</li><li>• Understand the differences between saturated and unsaturated fats.</li></ul>
WEEK 21 wc 10 <sup>th</sup> February	<b>Practical Lesson- Lemon Cake</b> <ul style="list-style-type: none"><li>• To understand the creaming method and why it is used in baking.</li><li>• To have an awareness of the safe levels of sweet sugars in the diet.</li></ul>