

Half-term One September – October 2020

Year 9 Hospitality

Lesson	Instructions	Resources	Curriculum
1	Food hygiene – read through powerpoints on hygiene and safety.	https://www.foodafactoflife.org.uk/11-14-years/cooking/hygiene-and-safety/	Food safety
2	Eatwell Guide – Healthy eating. Read through the guide.	https://www.foodafactoflife.org.uk/11-14-years/healthy-eating/eat-well/	Health and Nutrition
3	Nutrition- carbohydrates and protein Write notes on these two macro-nutrients after watching the two video clips	https://www.bbc.co.uk/teach/class-clips-video/design-technology-science-biology-ks3-the-science-behind-carbohydrates/zvxw2sg https://www.bbc.co.uk/teach/class-clips-video/design-technology-science-biology-ks3-the-science-behind-protein/zhwc8xs	Health and Nutrition
4	Look at how why we need energy throughout our lives. Powerpoints to read and quizzes to try.	https://www.foodafactoflife.org.uk/11-14-years/healthy-eating/energy-and-nutrients/	Health and Nutrition
5	Watch 'The secret life of salads. Design your own healthy salad using foods from each part of the Eatwell Guide.	https://www.bbc.co.uk/teach/class-clips-video/design-and-technology-ks2--ks3-salad/znwc8xs https://www.bbc.co.uk/bitesize/clips/zwy76sg	Health and Nutrition Food provenance

Please email any queries and completed work to Ms Furness

Kathryn.Furness@monkseaton.org.uk