

Food Science Year 9

During Food Science lessons Year 9 students study the importance of healthy eating and dietary guidelines. Pupils plan and prepare low-cost meals to feed a family which helps to teach them the importance of house-hold budgeting. They also prepare many tasty and well-presented dishes in their practical lessons and all students are invited to participate in the Christmas Cake Competition. Some of the topics covered in Food Science are listed below:

- Investigational briefs on: Fat, fibre and sugar in diet. Personal research to be included and practical work related to research
- Christmas cookery
- Planning and preparation of a variety of dishes
- Easter cookery
- Planning and preparation of low-cost meals