

**Subject: Food Technology**

**Year group: 9**

**Independent Learning Termly plan – Autumn/Spring/Summer rotation**

Week commencing	Topic area	Task description/link	Due date	Recovery curriculum ragging (KS3)
1	Nutritional needs	Comparing nutritional needs of babies and teenagers – what nutrients do babies need lots of, what foods would they eat to get these nutrients? Do the same for teenagers. Create a document to show what each age group needs – pictures will be useful to explain, alongside your explanations.		
2	Specific diets	Create a daily meal plan for someone who is lactose intolerant. <b>Breakfast</b> <b>Lunch</b> <b>Dinner</b> <b>Snack</b>		
3	Specific diets	Research 8 main meals that would be good for someone who has Coeliac disease. – present your work.		
4	Fairtrade	Research where an item of Fairtrade food has come from – detail it's journey from the producer to the consumer (us) Work out how many food miles it has travelled.		