

Holy Family Catholic School

Curriculum Overview Year 9 – Technology (Food & Textiles)



	Curriculum Content	Suggested Reading or Extension Activities
Half Term 1 (Sept-Oct)	Food Students will learn about different dietary needs and how this affects people's choice of food. This will include health, culture and age. They will recap on their knowledge of the Eatwell Guide and will understand the guidance set out by it. They will also explore the different cutting techniques used in industry and why they are used for different dishes. Students will be introduced to their first customer, Pescatarian. Students will understand what a pescatarian diet means and will know the different reasons why someone might choose to be a pescatarian. They will also understand the difference between fish and shellfish, and will explore different types. Students will put this knowledge into their practical lessons. They will be able to safely and confidently use a knife to experiment with cutting techniques such as Julienne, Jardinere, Brunoise etc.. They will be able to prepare and make a Curried Fish Tray Bake for the Pescatarian customer. During practical lessons students will learn and demonstrate good personal hygiene procedures and work safely in the kitchen	Activities Choose a recipe and cook it at home https://www.foodafactoflife.org.uk/recipes/ Pescatarian recipes Reading What is a Pescatarian diet? Watch How to fillet a fish
Half Term 2 (Nov-Dec)	Food Students will be introduced to their second customer, Vegan. They will explore the Vegan diet in detail and will know what it means along with understanding the different reasons why someone might want to be a Vegan. They will also understand the advantages and disadvantages of a Vegan diet. Students will also be introduced to their third customer, a Diabetic. They will understand in detail the difference between Type 1 & Type 2 diabetes and will understand the different symptoms of Diabetes. Students will put this knowledge into their practical lessons. They will be able to prepare and make a Chickpea, Spinach & Coconut curry for a Vegan	Activities Choose a recipe and cook it at home https://www.foodafactoflife.org.uk/recipes/ Vegan recipes Diabetes recipes Reading What is Veganism What is Diabetes Watch How a vegan diet affects your brain What is Diabetes?

	customer. They will also be able to prepare and make a Sizzling Chicken Stir Fry for a Diabetic customer. During all practical lessons students will demonstrate good personal hygiene procedures and will follow the health and safety rules of the food room in order to work safely in the kitchen	
Half Term 3 (Jan-Feb)	Food Students will be introduced to their final customer which is a customer with Coeliac Disease. They will learn and understand what Coeliac Disease is and the different symptoms someone with Coeliac Disease would experience. Students will learn what gluten is and its commonality in everyday food items. Students will put this knowledge into their practical lessons and will prepare and make gluten free Scones. Students will learn cooking methods such as baking, rubbing in, rolling and measuring. During all practical lessons students will demonstrate good personal hygiene procedures and will follow the health and safety rules of the food room in order to work safely in the kitchen	Activities Choose a recipe and cook it at home https://www.foodafactoflife.org.uk/recipes/ Gluten free recipes Reading Coeliac Disease
Half Term 4 (Feb-Mar)	Textiles: Tote Bag Project Students will be introduced to the term 'sustainability' and will learn the 6R's of sustainability. They will learn how we can use the 6R's to inform our actions and decisions regarding textiles products in everyday life. Students will also learn the textile technique 'applique' which they will apply to their finished tote bag. Students will develop their drawing skills to create design ideas and a final design idea for their sustainable tote bag	Watch How to Applique Fast Fashion vs Sustainability: H&M Case Study
Half Term 5 (Apr-May)	Textiles: Tote Bag Project Students will learn how to create a simple applique using specialised textiles equipment such as bondaweb, iron & fabric scissors. They will recap on their knowledge of the sewing machines and will be able to safely and correctly use a sewing machine to zig zag stitch around their applique.	

	Students will learn textile keywords such as overlocking and hem and they will understand the purpose of them in textiles.	
Half Term 6 (Jun-Jul)	Textiles: Tote Bag Project Students will learn how to use a sewing machine to overlock their tote bag fabric. They will be able to mark, measure and pin fabric accurately using specialised textiles equipment. They will also be able to correctly and safely use a sewing machine to construct their tote bag. To know and identify the different tie dye effects (folding, circles, scrunched) They will then be able to tie dye a piece of fabric by following demonstrations and instructions and then attach this to their tote bag.	Watch How to Tie Dye

Examples of Home Learning Tasks	Food • Research worksheets on the specific dietary requirements for individual groups: pescatarians, veganism, diabetics, coeliac disease • Healthy Eating for Children leaflet • Ingredient preparation for practical lessons Textiles • Applique research worksheet • Tie dye research worksheet • Design ideas (if not completed in lesson) • Types of bags worksheet
Assessment Tasks, Methods & Frequency	Food • Mid project assessment paper (teacher assessed) • End of project assessment paper (teacher assessed) • Spelling tests (peer assessed) • Cooking skills assessed each practical (peer/self/teacher assessed) Textiles • Mid project assessment paper • End of project assessment paper • Spelling tests (peer assessed)
Equipment that Students Need	Pencils, pens, colouring pens/pencils, ruler, rubber, sharpener, homework folder

Parent / Carers can help their child by:	Parents/Carers can help their child by ensuring they check Google Classroom regularly so that they are aware of ingredients and homework they need to bring to lessons. We expect students to be able to wash up during practical lessons so please let students do this at home
Useful Websites	Food • https://www.foodafactoflife.org.uk/ • https://www.bhf.org.uk/ • https://www.nutrition.org.uk/ • https://www.nhs.uk/

	Textiles • https://www.textilesskillscentre.com/ • https://www.textileartist.org/ • https://www.vam.ac.uk/
Extra-Curricular Activities & Career Opportunities	Textiles club

Who Can I Contact?	Head of Technology	Miss Jaber
	Teachers of Year 9 Technology	Miss Jaber, Mrs Cameron-Marques, Miss L. O'Donovan,