Term 1	Term 2	Term 3
Research Project: "What's Really in Our Food?" Investigate the ingredients and nutritional values of 5 popular snacks or ready meals. • Create a presentation comparing sugar, salt, fat, and additives. • Reflect on how processing affects nutritional value.	**Research Project: "Kitchen Chemistry"** Choose a food science phenomenon (e.g., caramelisation, fermentation, Maillard reaction). • Research the process and demonstrate it in a simple home experiment. • Present findings in a video or infographic.	**Research Project: "Global Diets and Cultural Nutrition"** Choose a country and research traditional meals, dietary habits, and how these influence health. Compare with UK habits. Present your findings as a travel-style blog post.
Reading Around: "The Omnivore's Dilemma" (Young Readers Edition) by Michael Pollan Read selected chapters and write a short summary of key ideas. What influences our food choices, and how can we make better ones? https://www.orange.k12.nj.us/cms/lib/NJ01000601/Centricity/Domain/2344/cms_file_435233.pdf	**Reading Around: "The Science of Cooking" by Dr. Stuart Farrimond** Read about one food science printable that demonstrates how food changes when cooked. write a short review or create a poster to demonstrate this. https://fliphtml5.com/nhuwv/gdgz/basic/251-258	**Reading Around: Food & Sustainability Articles (e.g., BBC Good Food)** Read 2–3 articles on food waste, plant-based diets, or climate impact of farming. Summarise the most important ideas in a one-page report. https://www.bbc.co.uk/search?q=articles+on+food+waste%2C+plant-based+diets%2C+or+climate+impact+of+farming&d=FEATURE_SITES_GNL
Virtual Visit: Science Museum – "Feeding Tomorrow" (Online Exhibit) Explore how food production is changing and the future of sustainable eating. Write a reflection: What surprised you most? What innovations do you think will succeed? https://www.sciencemuseum.org.uk/what-was-on/how-to-feed-the-world	**Visit (or Virtual): Local Bakery, Artisan Producer or watch inside the factory** Take a tour (real or online) and observe stages of food production. Interview (or research) a professional and learn about their career. Write a career spotlight article. https://www.bbc.co.uk/programmes/b07mddqk	**Visit (or Virtual): A Farm or Urban Agriculture Project** Explore how food is grown locally. If visiting isn't possible, watch a documentary like "Kiss the Ground" or "The Biggest Little Farm". Create a "10 Things I Learned" poster. https://kissthegroundmovie.com/
Create: Make a Healthy Recipe Swap Choose a comfort food (e.g., burger, pizza, cake) and redesign it with a nutritional twist - lower fat, lower sugar, more fibre. Create a before-and-after menu card with explanations.	**Create: Design a Food Safety Poster** Focus on one issue (cross-contamination, storage, allergens, hygiene) and design a creative A3 poster to inform others in a fun, memorable way.	**Create: Invent a Future Food Product** • Design a food product for the year 2050 • Consider; climate change, health, population growth, and technology. • Make a packaging design and advert explaining its benefits.

For support and checking of work please see Miss King in UG1

Design and Technology

Year 9 Food Preparation and Nutrition