



Year 9 Food and Nutrition Kai Tōtika - Programme of Learning

Structure: Three lessons a week for nine weeks. There is a mix of nutrition theory and practical cookery lessons. Key competencies and the Rangi Graduate dispositions and values are embedded in all learning activities.

Rationale: A sense of satisfaction and achievement can be developed as ākonga experience different ways in which food can enhance the wellbeing of themselves and their family. Ākonga have the opportunity to participate in purposeful activities of a practical nature and develop problem solving skills, individually and collaboratively. Skill in appropriate techniques and processes helps ākonga become confident to experiment with new ideas when working with food.

Learning Objectives:

- Meal planning – plan a balanced meal which meets the Food Models
- Practical skills - prepare meals co-operatively and safely to achieve high quality outcomes
- Wellbeing – food is central to Te Whare Tapa Whā

Topic framework	Progress outcomes	Evidence of learning	Resources
<p>Super Snacks</p> <p>Two hours per week for recipe explanation, teacher demonstration and theory tasks, one hour per week for ākonga practical cookery.</p>	<p>Understand</p> <ul style="list-style-type: none"> • I understand Food Models such as the Healthy Heart, the Ideal Plate and the four food groups • I understand the Te Whare Tapa whā model of wellbeing. <p>Know</p> <ul style="list-style-type: none"> • I know the difference between a snack and a treat. • I know 5+ serves of vegetables and 2 serves of fruit a day is recommended by the Ministry of Health • I know the main nutrients in the four food groups and how they enhance our physical wellbeing • I know that food enhances social, spiritual, and emotional wellbeing and must be treated with respect <p>Do</p> <ul style="list-style-type: none"> • I can use knives and kitchen appliances safely • I can identify high risk foods and prepare them safely • I can work co-operatively with my partner and follow a recipe to achieve high quality food products in a set time frame • I can develop a recipe using correct format and terminology • I can plan a balanced meal and evaluate it 	<p>Teacher reflections</p> <p>Ākonga involvement in discussions and activities</p> <p>Practical performance</p> <p>Ākonga reflections</p> <p>One-Note tasks</p>	<p>On OneNote</p>