

Alternative diets	
Vegetarian	No meat or fish products.
Substitute	Quorn, tofu, or nuts. Eggs for protein
Pescatarian	Fish and seafood products but no meat.
Substitute	As vegetarians.
Vegan	No animal or fish products or anything linked. No dairy products or eggs.
Substitute	Soya and nut products – oils and milks. Protein source – nuts and beans.
Lactose intolerant	No milk or dairy products.
Substitute	Soya, coconut almond
Coeliac	No gluten - bread, cake and biscuits
Substitute	Potatoes, rice flour and noodles, gluten free flours corn, soy and potato.
Low fat diet	No Fat – health reasons
Food allergens	Cereals, eggs, fish & seafood, peanuts, sesame, milk nuts.

Year 9 Cultural Foods



Eatwell Guide

Carbohydrate – slow release energy

Fruit & Vegetables – vitamins, minerals and fibre

Protein – muscle growth & repair

Dairy – calcium for bones and teeth

Oils and spreads – helps absorption of vitamins

Drink 6-8 glasses of water

Eat less sugar and fats

[Stir fry tips - Jamie Oliver](#)
[Food Tube](#)
[Recipes, tips, video clips](#)

DT Designs

Clear drawings using a pencil

Materials/ Ingredients labelled

Materials/Ingredients described - properties taste/texture appearance.

Links to eatwell guide

Colour added

Suitability for alternative diets – vegan/vegetarian etc

Draw further development ideas

Countries and their foods

USA	Fast food, hamburgers, hot dogs
Japan	Sushi, sashimi, noodles
Italy	Pasta, pizza, ice cream
Mexico	Fajitas, tacos, burritos
China	Rice, noodles, sweet & sour
India	Curry, rice, spices
Greece	Lamb, feta cheese, baklava
France	Fine cuisine, snails, pastries
Spain	Tortilla, paella, rice
Caribbean	Jerk spices, rice, pineapples
UK	Roast meat, fish & chips
Thailand	Pad Thai, rice, coconut flavour
Morocco	Tagines, flat breads, spices

Stand back from the wok if it is spitting

Remember to handle the knife safely

Always wash your hands.

Always use oven gloves when handling hot trays

Work quietly and calmly with focus.



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[one planet food](#)
[food safety](#)

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Key spellings

vegetarian
annotation
rendering
organic
hygiene
coeliac

SMSC issues

Food Miles	Food travelling by air, ship road causes pollution.
Intensive Faming	Large amounts of chemical fertiliser and pesticides are used to grow crops. Food prices are cheaper.
Organic Farming	Natural fertilisers are used to help crops grow. Natural predators control pests.
Factory Farming	Animals are kept in cramped conditions inside. They are fed hormones and antibiotics to grow quickly.
Free-range	Animals are able to go outside.
Fair trade	Third world small farmers are paid a fair price for their crops.
Food Waste	Food waste worldwide could feed the hungry on our planet.
GM Foods	Genes are altered in plants to make them resistant to pests
Sustainable fishing	Over fishing endangers species.
Future foods	Bugs and insects are sources of protein.