

1. Year 9 Curriculum Plan

YEAR 9 HALF TERM Rotation 1 SUBJECT Food and Nutrition

LEARNING



TOPIC	LEARNING OBJECTIVES	KEY VOCABULARY	LEARNING SEQUENCE	LINKED LEARNING	HOME LEARNING
Eatwell Guide and diet related health issues.	To outline why dietary needs change through life. Investigate diet related health issues.	Bridge Claw	Recall principles of the Eatwell guide and apply to different dietary needs	<p>Pupils will build on their learning in Year 8 knowledge and skills:</p> <ul style="list-style-type: none"> Describe and applying the Eatwell Guide. Explain key nutrients sources and functions. Developing and demonstrating a range of food skills and techniques. Demonstrating the key principles of food hygiene and safety Using and adapting recipes. 	<p>Weekly buying, weighing, measuring and packaging of ingredients and equipment. Being fully prepared and organised to take part in weekly practical work.</p>
Risotto	Secure and demonstrate skills: knife skills, using the hob, kitchen hygiene.	Hygiene Cross Contamination	Investigate different types of rice and what happens during the cooking process.		
Dietary needs of different age groups	Investigate Pasta as an ingredient, compare and evaluate different types as well as the impact on energy levels	Adolescence PAL	Investigate the relationship with physical activity and energy balance		
Pasta Fiorentina	Secure and demonstrating knife skills, grating, using hob (frying, boiling, simmering)	BMR Comparison	Calculate the cost of a homemade dish and compare to the shop bought alternative.		
Special Dietary Needs	Identify different needs e.g. food allergens, food intolerance, religious and cultural needs.	Halal Intolerance	Investigate the information that is on food packaging and the legal requirements of food labels.		
Beef Hotpots/Bolognese Sauce	To secure and demonstrate the principles of food hygiene and safety whilst focusing on the handling of raw meat.	Allergy Anaphylaxis Dry	Produce a dish that can form the basis of a family meal and think of low fat alternatives.		
Food Certification	To investigate the information and guidance available to the consumer regarding availability	Moist Conduction	To be able to identify and explain food certification and assurance schemes		

Meat/Vegetable samosas	To secure and demonstrate knife skills, using the hob, using the oven. Demonstrate the principles of food hygiene when handling and cooking raw meat (if using)
Cooking Methods	To explain a range of ingredients and how they are used in cooking. Research and explain different cooking methods.
Quiche	To secure and demonstrate accurate weighing and measuring, food hygiene, kitchen hygiene and kitchen safety.
Dutch Apple Cake	To secure and demonstrate accurate weighing and measuring, food hygiene, kitchen hygiene and kitchen safety. To secure and demonstrate the creaming method.
Planning meals to meet a specific brief	Investigate factors to be considered when planning and preparing food to be sold and eaten at a festival
Create a dish that could be sold at a festival	To secure and demonstrate food preparation skills to make a dish suitable for a festival
Recipe Kits	To write a plan for a recipe-kit to meet a specified need.

Convection
Radiation
Coagulation
Shortening
Creaming
Folding
Aeration

To produce a recipe card with top tips and how this dish can include food certification and assurance scheme ingredients.
Carry out practical tests to demonstrate the characteristics of ingredients.
Demonstrate the principles of coagulation and shortening
Demonstrate aeration and produce an apple cake
Investigate the selling requirements for selling food at a festival and calculate the cost of the dish and/or menu items that could be made.
To produce key information to help festival goers make choices e.g. nutritional info, allergen information and consumer information.
To investigate food choice, meal options and recipe kits available in supermarkets or for home delivery.

Thai/Indian Curry	To consolidate, secure and demonstrate kitchen and food hygiene skills. Demonstrate knife skills using the hob (frying, boiling, simmering)	Create a practical plan for the preparation and cooking of a recipe kit dish		
Recipe Kit Dish	To secure, consolidate and demonstrate all skills learnt e.g. food hygiene, kitchen hygiene, knife skills, safety, handling of raw meat, using the hob.	Evaluate the making and planning of their recipe-kit dish		
Plenary	To appraise and evaluate their learning journey	To evaluate their practical cooking experiences.		