



Food and Nutrition Department

Long-term sequencing Year 9

Intent: The Year 9 Food Curriculum is designed to develop an understanding of how culture, special dietary requirements and personal lifestyle choices guide food choice. Students will understand the influences that may have shaped their own cultural heritage and develop an appreciation for cultural diversity through the preparation of a range of recipes from varying cuisines. By cooking a range of cultural recipes, students will embed the basic food preparation and cooking techniques learnt in year 7 and 8 plus further develop new practical skills and techniques, and creatively adapting recipes. As part of their work with food, students will be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking that will open the door to one of the great expressions of human creativity. Learning how to cook being a crucial life skill that enables students to feed themselves and others affordably and well, now and in later life.

<u>HALF TERM 1 and 2:</u>	<u>HALF TERM 3 and 4:</u>	<u>HALF TERM 5 and 6:</u>
<p>STUDENTS MUST KNOW;</p> <ul style="list-style-type: none"> • Preparing for practical work • Where do bacteria come from? • Applying the Eatwell Guide • Micronutrients – nutrients in food, their sources and functions • How flour is made • Nutritional needs of different groups of people • Energy balance <p>HOW THIS WILL BE ASSESSED:</p> <ul style="list-style-type: none"> • Peer/self-assessment opportunities and verbal feedback • Teacher Q&A • Retrieval • Informal assessment of the application of knowledge and skills in a practical setting • Written assessments on core knowledge and skills during LRW 1 	<p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none"> • Sensory evaluation and star profiles • Carrying out taste tests • Creating star profiles • Fermentation and caramelisation • How to carry out a nutritional analysis – using software and books • Using the temperature probe and microwave oven safely • Milk, yoghurt and cheese as a commodity • Heat treatments of milk • Cereals – turning flour into pasta <p>HOW WILL THIS BE ASSESSED:</p> <ul style="list-style-type: none"> • Peer/self-assessment opportunities and verbal feedback • Teacher Q&A • Retrieval • Informal assessment of the application of knowledge and skills in a practical setting • Written assessments on core knowledge and skills during LRW 2 	<p>STUDENTS MUST KNOW:</p> <ul style="list-style-type: none"> • Skills focus – flaky pastry, choux pastry and setting mixtures • Gelatinisation and gelation • Factors that influence food choices – flaky pastry • Using seasonal foods – seasonal fruits tarts • Using seasonal food and costing • Making seasonal fruit tarts • British and international cuisines <p>HOW WILL THIS BE ASSESSED:</p> <ul style="list-style-type: none"> • Peer/self-assessment opportunities and verbal feedback • Teacher Q&A • Retrieval • Informal assessment of the application of knowledge and skills in a practical setting • Practical assessments on core knowledge and skills during LRW 3

Home learning set will consist of a combination of: Reading comprehension tasks, adapting recipes to suit different diets, recipes prior to practical lessons so that pupils can familiarise the recipe and have the opportunity to practice the recipe at home, sensory evaluation/evaluation/self-assessment, research tasks.