



Curriculum Overview

Year 9 – Food Preparation & Nutrition 2021-2022

Rationale for Year 9 Food Preparation & Nutrition

Over the last 2 years, students have become aware of the broad subject of Food Preparation and Nutrition. It is not presumed that students have developed or practised any further skills since they last had the opportunity to cook in Year 8. During the next thirteen lessons in Year 9, Food, Preparation and Nutrition students will widen their knowledge on how to apply the principles of nutrition and healthy eating to a variety of dietary groups. Students will be using the Eat well guide as a guide to a healthy balanced diet and will be considering vegetarian and vegan versions. All ingredients used in their cooking are considered for its balance and nutritional value. Health and safety will focus on the principles of food storage and the prevention of spoilage and food poisoning. Independence of all students in planning, organising, preparing and making food is encouraged. Students will have learned the importance of hygiene and the potential hazards when working in the technical area and will now show it through good practices. Students will prepare and cook a variety of dishes incorporating theoretical understanding and knowledge.

What will students learn and why?

The students begin by looking at the impact the food industry is having on the planet and ways in which these are being resolved. Students will be able to relate at a local level and be aware of practices that are in place. They will discuss strategies that need to be in place to be able to feed 9 billion and the impact Covid19 had on the food industry and diet. Students will recall the rules and routines of the practical classroom so that everyone can feel safe when in the practical environment. Students will learn the principles of food storage, spoilage and food poisoning embedding what they already know but adding new knowledge about the behaviours of food poisoning bacteria especially when using meat. During Food Preparation, students will develop their independence, skill set and knowledge of ingredients to create meals that are balanced. We will revisit the theory behind the cooking methods and the students will be able to identify conduction, convection and radiation. Students will apply their knowledge of nutrition when choosing ingredients for their practical lessons. The principles of nutrition are taught through teacher led lessons detailing vegetarian or vegan options particularly regarding a balanced diet and deficiencies that can be effected by making this choice. Students will be able to explain the importance of water and discussions will relate to their own current diet. We discuss the reasons for cultural and religious diversity regarding food choices and knowledge of ingredients broadened. Being able to discuss current food issues enables the students to retain this information and formulate extended answers to questions about environment and health and diet. This module enables the students to become more independent in their cooking abilities. Students will be able to follow a recipe to create an edible dish. Introducing the students to a wider range of technical skills will prepare them for either GCSE Food Preparation and Nutrition or life. We will prepare them with the skills, knowledge and some understanding of the world around us relating to food.

How will students learn?

Students will learn complex key skills through a series of demonstrations and practical lessons. The enrobing technique is a very useful and highly skilled technique in cookery and students will apply this when making a chicken dish. Students will have to plan, organise and prepare the ingredients for chilli con carne and rice. This will allow the student to practise multiple skills. Whilst introduce the advantages and dis-advantages of standard components used in cookery students will

watch a demonstration of a sausage plait using readymade puff pastry. Students have the opportunity to choose their own filling and design for this practical and creativity is encouraged. Making decorative cupcakes will have the students focussing on presentation. The final practical is using eggs. It will show independence in preparing and organising of ingredients and the creativity of the student. Food styling is the focus and this skill is developed further in Year 10. Personal safety, food safety and kitchen hygiene are a huge priority in the kitchen. Through teacher led lessons, we will consider food choices relating it strongly to healthy eating, a balanced diet and the Eat well guide. The sequence of 13 lessons are more focused towards “traditional / teacher led instruction” to teach the core competencies of Food Preparation and Nutrition.

How will students be assessed?

Every student is assessed in all practical lessons for competency and independence. They should show good food safety and hygiene practices. Good organisational skills. They should be able to follow a recipe and deliver a healthy balanced dish independently. Some will show good choice of ingredients based on their knowledge of ingredients and relate them to a dietary group. The egg practical is assessed on all competencies and their creativity. Written subject knowledge shows the use of new key words and terminologies being used in context and with understanding. Thoughtful presentation of the written classwork and homework is of utmost importance. The students will write and present an evaluation of the practical dishes they have cooked. They must be able to describe, explain and show what they know about everything they have learned and applied in the classroom and the practical environment. Extended questions and short answered questions will test them on their ability to retain information and their use of subject specific language.

What is the aim for learners by the end of the year in comparison to the previous year?

The aim of Year 9 is to equip them with a knowledge and understanding of food and the food industry. Giving them a wider overview of the possibilities of work within the industry. Students will have expanded their knowledge and use of ingredients in cookery. Students will enquire an appreciation for international cuisine and other dietary choices. It is our aim that every child will have a broad knowledge and understanding of a healthy balance diet and how relates into our everyday food choices. We would like the students to become creative, confident and independent in the way they conduct themselves in a practical environment. We would like to think that the three-year course at KS3 has provided the students with skills and knowledge that will support them throughout their life.