

## Curriculum Overview for Food Preparation and Nutrition - Year 9

(First Year of GCSE Course)

When?	What?	Why?	How?	Support
<b>Autumn Term</b>	<p>Students cook or participate in practical work approximately every 2 weeks. They make a wide range of both sweet and savoury dishes using a variety of ingredients.</p> <p>Some practical sessions involve students making dishes in groups. They then taste and evaluate all dishes.</p> <p>Introduction to nutrition. Dietary needs of different groups of people.</p> <p>Basic principles of food safety.</p>	<p>To build up a bank of medium/high level skills. To give students the skills and confidence to select and make their own dishes later in the course.</p> <p>To introduce students to ingredients/dishes they may not have tried before.</p> <p>To understand the link between diet and health.</p> <p>To reinforce principles of food safety and accident prevention.</p>	<p>Through individual and group work.</p> <p>Fruit, vegetable, meat and fish preparation. Making sauces, bread, pastry and cakes.</p> <p>Dishes are from a diverse range of countries. For example, making dishes using a variety of pulses.</p> <p>Independent research, diet and recipe analysis.</p> <p>Key focus in practical sessions to establish clear routines.</p> <p>Bitesize tutorials and tests.</p> <p>Trackers and PLC's.</p>	<p>Ingredient lists are distributed at the start of each half term. All recipes can be accessed through google classroom.</p> <p>Flipped Learning homework tasks which will be on Show My Homework.</p> <p>Level descriptors for all Homework tasks on Show My Homework.</p> <p><a href="http://www.food.gov.uk/">http://www.food.gov.uk/</a></p> <p><a href="http://www.nutrition.org.uk/">http://www.nutrition.org.uk/</a></p> <p><a href="http://www.bbc.co.uk/food/recipes">http://www.bbc.co.uk/food/recipes</a></p>
<b>Spring Term</b>	<p>Cooking and practical work as above</p> <p>Food provenance.</p> <p>Food processing and production.</p>	<p>Reinforcing existing skills as well as learning new skills</p> <p>To develop a knowledge and understanding of food sources and types: how crops are grown, meat and poultry are reared and how fish is caught.</p> <p>To develop a knowledge and understanding of primary processing of wheat and milk, secondary processing of milk into butter, cream, yoghurt and cheese, flour into bread and pasta.</p>	<p>Students continue making a variety of savoury and sweet products. They are now encouraged to modify recipes to increase skill level and originality.</p> <p>Independent research, recipe analysis.</p> <p>Class work and Assessment for Learning homework task.</p> <p>Bitesize tutorials and tests.</p> <p>Trackers and PLC's.</p>	<p>Ingredient lists are distributed at the start of each half term. All recipes can be accessed through google classroom.</p> <p>Students are expected to purchase their own GCSE revision guide.</p> <p>Level descriptors for all homework tasks on Show My Homework.</p> <p><a href="http://www.egginfo.co.uk/">http://www.egginfo.co.uk/</a></p> <p><a href="http://www.msc.org/uk">http://www.msc.org/uk</a></p>

<b>Summer term</b>	<p>Practical work focussing on seasonal produce, methods of cooking, culinary traditions.</p> <p>Food safety.</p> <p>Reasons for, and changes that take place when cooking food.</p> <p>Students prepare for the mock exam which they take in July.</p>	<p>Grilling and food suitable to be grilled, salads.</p> <p>Awareness of other cultures' cuisine and influence of religion and economic factors.</p> <p>Factors affecting risk of food poisoning including season, temperature and cooking method.</p> <p>To understand how cooking affects nutritional and sensory properties of food.</p> <p>To give students the tools and techniques to fulfil their potential in the exam.</p>	<p>Individual and group practical work</p> <p>Online Food Hygiene tutorials, annotated time plans, class work, by good practice in practical sessions.</p> <p>Experimental and developmental work. Evaluation of practical work. Classwork and Assessment for Learning homework task.</p> <p>Trackers and PLC's.</p> <p>Practice questions, topics to revise, exam technique.</p>	<p>Ingredient lists are distributed at the start of each half term. All recipes can be accessed through google classroom.</p> <p><a href="http://www.foodforlife.org.uk/">http://www.foodforlife.org.uk/</a></p> <p><a href="http://www.food.gov.uk/">http://www.food.gov.uk/</a></p> <p>Level descriptors for all homework tasks on Show My Homework.</p> <p>Exemplars and model answers. Past papers and marking schemes.</p>