

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

When?	What?	Why?	How?	Support
<p><b>Autumn Term</b> Students will have a double lesson 1 week and a single lesson the other week</p>	<p>Students will cook in most of their double lessons. They will make a wide range of mainly savoury dishes using a variety of ingredients.</p> <p>The focus for year 9 will be nutrition and factors influencing food choice. Practical dishes are a diverse range of street food from around the world. Dishes may include Spaghetti Bolognese, Lasagne, Moroccan chicken, Apple tart, Thai curry.</p> <p>Functions and properties of macro and micronutrients</p> <p>Basic principles of food safety.</p> <p>Nutritional needs of various groups of people</p>	<p>To build up a bank of medium/high level skills.</p> <p>.</p> <p>To introduce students to food from other cultures.</p> <p>To make students aware of current food trends</p> <p>To understand the relationship between diet and health</p> <p>To enforce principles of food safety and accident prevention.</p> <p>To understand nutritional requirements of various age groups.</p>	<p>By cooking a wide variety of dishes using a variety of skills and cooking methods.</p> <p>Students will build up multi-tasking skills.</p> <p>Dishes made are from a diverse range of countries.</p> <p>Classwork and key knowledge sheets</p> <p>Reinforcing rules and routines in practical lessons</p> <p>By producing dual coded fact sheets</p>	<p>Ingredient lists are distributed at the start of each half term and are posted on Class Charts.</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>
<p><b>Spring Term</b> Students will have a double lesson 1 week and a single lesson the other week</p>	<p>Students will consider the factors affecting food choice in greater detail and will consider religion and vegetarian diets.</p> <p>Dishes may include pea hummus and flatbread, fishcakes Crepes Suzette, Easter lemon drizzle cake.</p>	<p>To understand the dietary restrictions of various religions and types of vegetarians</p> <p>To introduce students to food from other cultures.</p>	<p>Class work and key knowledge sheets</p> <p>By cooking a wide variety of dishes using a variety of skills and cooking methods.</p> <p>Students will build up multi-tasking skills.</p>	<p>Ingredient lists are distributed at the start of each half term and are posted on classcharts.</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>

<p><b>Summer term</b></p> <p><b>Students will have a double lesson 1 week and a single lesson the other week</b></p>	<p>Food provenance</p> <p>Dishes may include, sticky toffee pudding, Balsamic pork, Super greens pasta</p> <p>Reasons for, and changes that take place when cooking food. Heat transfer.</p>	<p>To develop an understanding of the ethics of how food is produced. How crops are grown, meat and poultry are reared and how fish is caught</p> <p>To introduce students to food from other cultures.</p> <p>To understand how cooking affects nutritional and sensory properties of food.</p>	<p>By cooking a wide variety of dishes using a variety of skills and cooking methods.</p> <p>Students will build up multi-tasking skills.</p> <p>Classwork and key knowledge sheet</p> <p>By observing changes taking place when cooking food.</p>	<p>Ingredient lists are distributed at the start of each half term and are posted on Class Charts.</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>
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