YR9 FOOD COOKING AND NUTRITION

THE JOURNEY OF LEARNING

Year 10

Demonstration and practical cheese scones
Sensory testing and design
Recall rubbing in method
Shaping a dough
Weigh and measure

Independence and technical skill

EOY assessment

Year 9 Summer Term 2

DIRT time

Demonstration and practical frittata
Vegetable preparation
Heat transfer radiation and conduction
Methods of cookery fry and grill.
Nutrition.

Sensory evaluation
Colours and textures

Demonstration and practical Jamaican patties
Seasoning foods
Weigh and measure
Recall vegetable preparation
Nutrition
Vegetarian choices
Methods of cookery, saute, boil, simmer, filling a pastry case

Independence and technical skill

Year 9 Summer Term 1

Practical American muffins
Healthy combination flavours
Multi cultural foods

Cheesecake
Sensory evaluation

Healthy eating
Using low fat dairy foods
Adding fruits to dishes.

Making a dough
Rolling a dough
Sealing glazing and joining a dough

Cheesecake demonstration and practical
Using an electric whisk – safety points.
Safety with high risk foods, critical temperatures
Methods of cookery, melting, whipping

DIRT time

Mid year assessment

Year 9 Spring Term 2

Ambitions week
Exploring careers in the food industry.

Demonstration and practical curry and rice
Vegetarian options
Heat transfer – conduction.
Safety working with high risk foods, critical temperatures and cleaning.
Accuracy with seasonings and flavours

Demonstration and practical chicken stir fry
Re visit food safety 4C's
Colour chopping boards
Seasoning
Heat transfer conduction
Methods of cookery – stir fry

World wide foods

Vegetarian choices
Nutrition

Religious variations and preferences

Year 9 Spring Term 1

Demonstration and practical bean chilli and rice
Heat transfer – conduction
Seasoning
Re visit vegetable preparation
Methods of cookery saute, boil and simmer

Staple foods
From around the world

Demonstration and practical falafel
Re visit shaping
Revisit seasoning
Heat transfer convection
Nutrition and vegetarians

Function ingredients
Nutrition and healthy choices
Function equipment dough formation judge and adjust

Demonstration and practical raspberry buns
Re visit the rubbing in method
Dough formation
Heat transfer – convection
Adding fillings
Quality control and quality assurance

Re visit the rubbing in method
Dough formation with a liquid - consistency
Re visit weighing and measuring

Quality control and quality assurance
Heat transfer baking = convection
Healthy flavours.

Demonstration and practical design a healthy rock bun

Baked foods baking as a method of cookery

Year 9 Autumn Term 2

DIRT time

Milestone 1 Knowledge and application Food poisoning

Prevention of food poisoning in the storage, preparation and cooking of high risk foods

Demonstration and practical burgers
Heat transfer - Using the grill and radiation.
Safety using the grill.
Method of preparation, fine dicing, shaping.
Quality assurance
Healthy choices fat% beef

Demonstration and practical spaghetti Bolognese
Re visit methods of cookery, saute, simmer, boil.
Re visit vegetable preparation bridge and claw.
Multi cultural foods.
Using high risk foods, preparation, cooking and and cleaning.

Food hygie And safety

Year 9 Autumn Term 1

Nutrition
Macro nutrients
Healthy options

Sensory evaluation
Burgers.

4 C's Cross contamination

Critical Temperatures

Food safety and the law

Safe cooking of food
Re visit 4 C's
Names of food poisoning bacte

Key

	Cultural capital		PSHCE		Careers		Literacy focus		Knowledge and application		DIRT		summative assessment