YR9 FOOD COOKING AND NUTRITION

THE JOURNEY OF LEARNING

Year 9 Summer Term 2

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

Sensory evaluation
Colours and textures

Independence and technical skill

EOY assessment

DIRT time

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

Year 10

Year 9 Summer Term 1

Independence and technical skill

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

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

Practical American muffins
Healthy combination flavours
Multi cultural foods

Cheesecake
Sensory evaluation

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

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

Year 9 Spring Term 2

DIRT time

Mid year assessment

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

Year 9 Spring Term 1

World wide foods

Vegetarian choices
Nutrition

Religious variations and preferences

Nutrition recall and development
Macro nutrients

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

Savoury baked foods
Practical
Pasta bake
Revisit methods of cookery, saute, boil, simmer
Heat transfer

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

Year 9 Autumn Term 2

Baked foods baking as a method of cookery

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.
Conduction and safe use of the hob
Using high risk foods, preparation, cooking and and cleaning.

Year 9 Autumn Term 1

Food hygie And safety

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 bacteria
Kitchen safety

Key

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