

**Subject: Food Nutrition**

**Year: 9**

**Family Favourites**

In year 9 students will develop their skills and begin to make more complex savoury dishes allowing dishes to be served with an accompaniment or as a full main meal including more elements from within the Eat Well guide, this will allow students to be able to understand the principles of nutrition and consider what alternatives to serve with meals.

Year 9 will develop skills and explore, unlevered / proved focaccia /flat bread/ naan bread they will handle raw meat and consider cross contamination, they will understand issues around food poisoning and how it can occur to enable them to feed themselves and others safely. They will increase skills by using additional electrical equipment such as the grill, blender to cook and make sauces, they will use cheaper cuts of meat and produce marinades which will make the food more appealing and can aid digestion.

Students will continue to re visit the Eat Well guide and identify elements of ingredients and what they do for our bodies, they will learn how to thicken sauces and make healthy choices. They will increase skills by shaping meat and producing side dishes of bread products. They will explore foods from around the world and consider careers within the food industry.

Traffic – the students will evaluate their dishes and become aware of how to adapt dishes to meet the needs of others and how to improve dishes through taste, smell and texture

1 All lessons include, weighing, measuring, timing, following a recipe, nutrition, evaluate how to improve the skills/ recipe/ dish/ nutrition.

Depending how long the rotation is – the dishes may be altered or adapted due to time table but a range of multicultural dishes will be covered:

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## Week 1 will follow

- Recap H&S weigh measure skills-, adapted to meet a high skilled dish, raising agents - Fermentation vs unlevered, how flour is made accompaniments Practical skills within the kitchen identifying sensory words, healthy eating, multicultural foods

Focaccia – theory focaccia or Flat breads unlevered bread product to enable accompaniments to be produced with dishes and increase skills. Theory – top 10 tips of a whisked sponge – aeration, foam, folding, weigh and measure, presentation and preservation, creative pastry and pies

- Swiss roll summative
- Pasties- cheese and onion or sausage and apple- creating a hand held savoury main course using pastry
- Cupcakes- lemon and blueberry crumble – preservation farm to fork
- Chicken goujons – using choice of coatings
- Honey chilli chicken cheaper cuts, effects on food choice including cost, why is it cheaper?

Theory- Healthy eating and advice on adapting dishes, pastry and function of ingredients

- Curry, high risk food, chicken prep, cooking, understanding accompaniments – developing and increasing skills –onion and tomato salsa – discuss onion bhaji / samosa as an additional skill
- Theory – science and practical log

Theory – function of ingredients, red tractor, recall heat transfer, multicultural accompaniments

- Meat balls and dough balls
- Assessment prep Science experiment
- Savoury challenge- healthy takeaway- summative
- Science experiment – research, hypothesis, test, record, evaluate
- Dessert challenge and evaluations

## Week 2

- Recap H&S weigh measure skills-, adapted to meet a high skilled dish, raising agents - Fermentation vs unlevered, how flour is made accompaniments Practical skills within the kitchen identifying sensory words, healthy eating, multicultural foods

Decorated Focaccia – theory discuss Flat breads unlevered bread product to enable accompaniments to be produced with dishes and increase skills.

- Swiss roll summative Theory – top 10 tips of a whisked sponge – aeration, foam, folding, weigh and measure, presentation and preservation, creative pastry and pies
  - Cupcakes- lemon and blueberry crumble
  - Pasties- cheese and onion or sausage and apple- creating a hand held savoury main course using pastry
  - Honey chilli chicken cheaper cuts, effects on food choice including cost, why is it cheaper?
- Theory- Healthy eating and advice on adapting dishes, , eggs,
- Chicken goujons – using choice of coatings
- Theory – science and practical log Theory – function of ingredients, red tractor, recall heat transfer, multicultural accompaniments
- Curry, high risk food, chicken prep, cooking, understanding accompaniments – developing and increasing skills , tomato and onion salsa
  - Theory – science and practical log
- Theory – function of ingredients, red tractor, recall heat transfer, multicultural accompaniments
- Meat balls and dough balls
  - Assessment prep Science experiment
  - Savoury challenge- healthy takeaway- summative
  - Science experiment – research, hypothesis, test, record, evaluate
  - If week allows - Dessert challenge and evaluations – if no practical – students can explore using recipes and ideas

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