

# Food and Nutrition Yr 9

week	Curriculum Overview Introduction to Food and Nutrition
1	To explain the layout of the food room. To introduce pupils to Food and Nutrition To describe the expectations for working in the food room. To explain and apply health and safety practices used.
2	To recognise, name and locate the tools and equipment in the food room. To practice safe and effective use of knives. To prepare and cook a dish using vegetables, salad vegetables and grate cheese To apply the principles of food safety and hygiene when cooking.
3	To describe the principles of <i>The Eatwell Guide</i> and relate this to their own diet. To name the main nutrients provided by <i>The Eatwell Guide</i> food groups. To prepare and cook a sweet dish using the rubbing in method To apply the principles of food safety and hygiene when cooking.
4	To prepare and cook a dish using the creaming method To apply the principles of food safety and hygiene when cooking To explain and apply the 8 tips for healthy eating, the 5 A Day message and portion size.
5	To explain where fruit and vegetables come from and how seasonality affects price and availability. To demonstrate the safe use of the hob, sharp knives and how to fry meat To apply the principles of food safety and hygiene when cooking.
6	To explain where potatoes, bread, rice, pasta and other starchy carbohydrates come from and why they are important in the diet. To discuss energy balance. To demonstrate the technique of enrobing, safe use of knives and cross contamination To apply the principles of food safety and hygiene when cooking.
7	To explain where dairy and alternatives come from and how consumer demand influences availability, e.g. lower fat dairy products. To compare and evaluate a range of dairy and alternative products using food labels and sensory evaluation.
8	To explain different dietary needs at different stage of life To demonstrate the safe use of the oven, and the creaming method to cook cookies To apply the principles of food safety and hygiene when cooking
9	To explain where beans, pulses, fish, eggs, meat and other proteins come from and their importance in the diet. ASSESSMENT WEEK: To cook one of the previous weeks recipes