

Year 9 Curriculum Plan

Cooking and Nutrition



	Autumn 1	Autumn 2	Spring 1
PRIOR LEARNING	This unit builds on the knowledge of nutrition and hygiene and the development of preparation and cooking skills, food science, food provenance: seasonal food and food miles and food choice		
KNOWING WHAT...	Nutrition, and safety and hygiene recap Food science: Know how heat transfers through equipment to food Costing a recipe. Different cooking methods Sensory analysis re-visited Food science: functional and chemical properties of materials, shortening	Food science: functional and chemical properties of materials, aeration, denaturing, coagulation caramelisation, dextrinization, gelatinisation. Using raising agents in foods-mechanical, biological, chemical. Where does food come from - Recap Provenance: caught, grown, reared. Seasonal foods, local food, sustainability, environmental impact	Where does food come from: Food Miles: impact of carbon footprint from food production and exportation, Fairtrade and ethics in food Cultural diets and religious influences in food - different religious beliefs in preparation and cooking of food, what can and cannot be eaten British and International cuisine, traditional British food, changing due to cultural influences of Italy, China, India.
KNOWING HOW...	Recap on nutrition, safety and hygiene. Know how heat transfers through equipment to food Understand how to cost a recipe. Culinary skills focus: combining ingredients to create a meal chilli beef taco melting method, making a banana cake	Food Science: functional and chemical properties of materials, aeration, shortening, denaturing, coagulation caramelisation. Culinary skills focus: revisit rubbing-in method making sausage rolls and learning to shape food. Using raising agents in foods-mechanical, biological, chemical. Culinary skills focus: Raising agents: whisking method making a swiss roll, Where does our food come from: caught, grown, reared. Recap Provenance: Seasonal foods Culinary skills focus: Cottage Pie	Food Miles, fair trade and ethics in food Cultural diets and religious influences in food Culinary skills focus: vegetable samosas

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ASSESSMENT	Formative assessment through class discussion, participation and verbal responses; hinge questions and responses, recall starters; application of knowledge plenaries; quality of written tasks. Informal ability of practical skills: organisation, independence, hygiene, teamwork, through observation.	Formative assessment through class discussion, participation and verbal responses; hinge questions and responses, recall starters; application of knowledge plenaries; quality of written tasks. Formal written test in week 9/10 Sensory testing of own dishes through evaluation	Formative assessment through class discussion, participation and verbal responses; hinge questions and responses, recall starters; application of knowledge plenaries; quality of written tasks; informal observations. Formal practical skills assessment: organisation, independence, hygiene, teamwork Formal Culinary skills rubrik assessment