

Y9 Food

HOD: Mr J Taylor

Email: JTaylor2@forgevalley.sheffield.sch.uk

Lead Food: Miss B Parkes

Email: BParkes@forgevalley.sheffield.sch.uk

Curriculum Intent:

The food curriculum at Forge is about making sure all children and young people are given the opportunity to learn and understand the importance of good eating habits and their affects at such a crucial and impressionable time in their lives. This results in them being equipped and sorted for life with knowledge and skills to cook a repertoire of predominantly savoury dishes so that they can feed themselves and others a healthy and varied diet.

	Core Knowledge	Procedural Knowledge
	Topic	Pupils will
Rotation one	Food Choices and Methods of Cooking Focuses on: • Nutrition and healthy eating • Life stage dietary needs • Methods of cooking and their effects • Environmental and ethical issues (sustainability, food poverty)	Pupils build independence and confidence in the kitchen by developing: • Safe and hygienic working practices (including working with high-risk foods) • Knife skills (bridge and claw grip) and food preparation techniques • Use of a wide range of equipment confidently and safely • Cooking methods such as boiling, frying, grilling, baking and roasting • Multi-tasking and time management when preparing multiple components • Application of food science principles (e.g. coagulation, gelatinisation)
Rotation two	Cultural Cuisine Focuses on: • Understanding cuisine, culture and tradition in food	Pupils build independence and confidence in the kitchen by developing: • Safe and hygienic working practices (including working with high-risk foods) • Knife skills (bridge and claw grip) and food preparation techniques • Use of a wide range of equipment confidently and safely

	• Exploring British and global dishes • Investigating how migration and culture shape UK diets • Preparing a variety of multicultural dishes • Designing and making an independent cultural dish Pupils also: • Learn about the history of dishes such as Balti curry in the UK • Explore religious dietary requirements and adapt recipes accordingly • Develop independence through recipe research, planning and ingredient ordering	• Multi-tasking and time management when preparing multiple components • Adapting recipes for dietary needs, religion or portion size • Working independently to plan, prepare and present a final dish
Homework: Homework is set on Brom Com for each 9-week rotation. Homework is in the form of a mastery knowledge organiser paired with revision tasks for students to complete. This will aid revision for tests and a mid-way knowledge review.		
Assessment: Formative verbal and end of rotation summative feedback. Assessment takes place mid-way through a rotation in the form of a quiz which creates		

whole class feedback and at the end of a rotation capturing knowledge secured.

Links to Personal Development:

Careers include

-

Food scientist, Food Product Developer, Dietician, Nutritionist and within the Hospitality and Catering sector.

Principles of healthy eating and nutrition delivered to develop understanding of physical and mental health.

Understanding risks to personal wellbeing through healthy eating.

How is my knowledge further developed in Year 8? (next academic year)

Year 9 Food provides all pupils with essential **life skills** that go beyond the classroom, ensuring they are well-prepared for independent living regardless of their future subject choices. Pupils develop the confidence to plan, prepare and cook a range of healthy meals, alongside an understanding of nutrition that supports lifelong wellbeing.

The course also builds transferable skills such as:

- **Time management and organisation**, through planning and completing practical tasks
- **Problem solving and independence**, particularly when adapting recipes and working independently
- **Budgeting and decision-making**, linked to food choice, cost and sustainability
- **Teamwork and communication**, through practical and discussion-based lessons

Pupils also gain awareness of wider real-world issues including **food poverty, sustainability, cultural diversity and ethical food choices**, helping them become informed and responsible consumers.

This course prepares students for Key Stage 4 by:

- Developing advanced cooking techniques and independence
- Applying food science in practical contexts
- Designing and adapting recipes
- Understanding nutrition at a deeper level
- Exploring global cuisines and wider food issues

--