

Year 9 Enrichment: The 'Skills' Rotation Food and Nutrition

Unit Title: Food And Nutrition

Number of lessons: 18 (9 doubles)

DofE: Skill

Lessons in sequence:

1. Introduction to the course
2. Baking: Raspberry buns
3. Baking: Muffins
4. Baking: Fairy cakes
5. Baking: Butterfly cakes
6. Baking: Cake decorating
7. Baking: Biscuits
8. Baking: Scones
9. Baking: Chelsea buns

Prior knowledge: (What are we assuming that pupils know from KS2/3? What do pupils need to know before they learn it?)changes result

How to follow a recipe

Years 7 and 8:

Basic hygiene and safety

How to wash up and wipe down benches

How to organise your time

How to use the oven

How to weight and measure ingredients

All in one method of cake mixing

Rubbing in method of cake making

Melting method of cake making

Creaming method

Piping

Cooking with yeast

How to make a dough consistency

Baking and testing for readiness

Make decisions as to whether the cakes are done

Present food attractively

Portion control

Common misconceptions

Cakes are ready sooner than they are (testing for readiness)

Consistency of dough (adding too much milk / liquid)

Weighing and measuring

Timing

Key substantive knowledge:

How to bake cakes following a recipe

Ingredients needed for various cakes

Pros and cons of cakes re: nutrition

Cooking skills and methods

Hygiene and safety skills

Key disciplinary knowledge: <ul style="list-style-type: none"> - melting - all in one - rubbing in - creaming - use of raising agents - forming, shaping - portion control - using a range of basic equipment - weighing and measuring - using cooker safety – removing and putting items in oven - tests for readiness - thought given to final presentation 		
Assessment opportunities: n/a		
Key terms: Rubbing in Method Recipe Creaming Melting Raising agent Pipe Portion control Safety Hygiene Citizenship Respect Open mindedness nutrition	Cross curricular aspects / Numeracy / Literacy / British Values / Careers aspirations / Citizenship / SMSC Measuring and weighing Volunteering Compassion for others less fortunate / social responsibility Moral education – donating their best cakes to the Open Kitchen Healthy living: pupils can adapt recipes to make them healthier	
PLTs: Reflective learners Self managers Teamworkers Creative thinkers	Christian values: Humility Thankfulness Service Compassion Koinonia	Character attributes Caring for others Citizenship Respect Open mindedness.
Hinterland: Baking and cooking at home with parents / family		

Lesson Objective:	Lesson Outcomes:	Key strategies (key subject knowledge and pedagogical subject knowledge)	Assessment opportunities
To develop cooking skills and make sweet baked products, donating the ingredients and the best cakes to the Open Kitchen	Pupils can: <ul style="list-style-type: none"> • explain what happens at the Open Kitchen and how it serves the community • develop cooking skills and techniques • organise recipes and ingredients each week • organise themselves / hair, hands, wipe surfaces, demonstrate that they are good self managers • follow a recipe • explain both negative and positive health aspects of the cakes they are baking, including: heart disease, tooth 	<i>Key substantive:</i> <ul style="list-style-type: none"> • pros and cons of cakes re: nutrition • cooking skills and methods including: <ul style="list-style-type: none"> - hygiene and safety - melting - all in one - rubbing in - creaming - raising agents - forming, shaping - portion control - using a range of basic equipment - weighing and measuring - using cooker safety – removing and 	
	<ul style="list-style-type: none"> □ decay, digestive problems, diabetes □ explain nutritional benefits of the cakes they are making: energy / prevention against malnutrition, eating these as a pudding rather than a snack □ explain the problems homeless people encounter: malnutrition etc pupils feel socially □ included and encourages compassion for others Select their own ingredients to put □ into their cakes / show their individuality and creativity 	<ul style="list-style-type: none"> - putting items in oven - tests for readiness thought given to final presentation 	