

# Year 9 Cooking and Nutrition Curriculum Map

Subject	Autumn Term		Spring Term		Summer Term	
Topic	Food , Diet and Health (7 Weeks)	The Economy of Food (8 Weeks)	Nutritional Analysis (6 Weeks)	Consumer Awareness (6 Weeks)	Food Science ( 6 Weeks)	Cooking as a Catering Team (6 Weeks)
<b>Key Content</b>	Eatwell Guide (recap) Real Risotto Dietary Needs of Children & Young People Pasta Fiorentina Ethical Purchasing Meatball Pasta Bake Halloween Bake	Factors Affecting Food choice Lasagne Selecting Ingredients McDonalds 'Fakeaway' Food storage Cottage Pie Meals on a budget Family tray bake/ One pot cook  Trip - Aldi Budget task	Food Labelling Savoury Pancakes Dietary reference values Fruit plait Portion Size Recipe Modification - Scones	Fairtrade Banana bread Being an effective consumer Chilli Ginger Beef Stirfry Resource Management Tagine Food Waste	Functional and chemical properties of ingredients Exploring raising agents Heat transfer Katsu Chicken Curry Modified Starch Strawberry Chocolate Mousse	Recipe Planning Brilliant Brunch Light Lunch 'Posh Nosh' Appetisers All American BBQ Delightful Desserts
<b>Knowledge &amp; Skills</b>	Pupils will draw upon their knowledge of diet and health and revisit the Eatwell Guide in more depth. They will also further develop their understanding of food origins, animal welfare and quality assurance schemes, food miles and ethical purchasing. They will also consider how mass food production affects the environment.	Pupils will deepen their knowledge of factors that affect food choice focusing on the current 'cost of living crisis', rising fuel prices and benefit cap. They will revisit budgeting strategies and learn ways to utilise pillar ingredients to make a variety of cost saving dishes. They will also apply safe food storage practices to know how to economise and batch cook and freeze and reheat food safely.	Pupils will deepen knowledge of nutrition and food labelling linking to portion size and dietary reference values. They will modify recipes according to the dietary requirements of their client. They will also further develop their pastry making skills.	Pupils will consolidate understanding of ethical purchasing and focus on the fairtrade process in more depth. They will look at the key issues surrounding food waste and discuss how they can be an effective consumer. Pupils will develop their independent baking and cooking skills and apply knowledge of batch cooking and economising with ingredients to recreate new recipes from leftovers.	Pupils will deepen their knowledge of functional properties of food and investigate the scientific processes involved in this. They will also develop their understanding of heat transfer and observe how this differs whilst cooking. Pupils will also conduct experiments exploring different raising agents.	Pupils will apply cooking skills and food preparation knowledge to make a selection of themed buffets as a catering team. They will consolidate their knowledge of ingredients, seasonality and budgeting to inform their catering menu ideas. They will also begin to develop their knowledge of food presentation and gain an insight into the BTEC Home Cooking Skills course. Whilst working as a team pupils will have to work under pressure and time constraints, solve problems as a team and delegate responsibilities to one another.
<b>Assessment</b>						

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	Pupils knowledge and understanding is supported and assessed through the use of formative and summative assessments, ensuring our pupils know more and remember more.
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