

Last updated 11.11.21

	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Year 9	Healthy Eating 7 Weeks	Healthy Eating 8 Weeks	Healthy Eating 6 Weeks	Healthy Eating 6 Weeks	Healthy Eating 6 Weeks	Licence to Cook 5 Weeks
Key Content	Food Diet & Health Real Risotto. Dietary Needs of children and young people. Pasta Fiorentina Pasta Sauces	Special Diets Cottage Pie Food Standards Spicy Samosas Religious, cultural & Ethical beliefs Potato & Chicken Curry Energy & Nutrients Pizza	Food & Functions Savoury Tart Different Cooking Methods Dutch Apple Cake Health Issues Lasagne	Recipe Kits Thai Green Curry Recipe Kit Finale. Fish Fish Pie Tuna Wraps	Festival Feast Be Creative Food Labelling Outdoor Eating Outdoor Eating Evaluation	Ratatouille Lamb Korma Dutch Apple Cake Savoury Rice Fajitas Shepherd's Pie (few examples)
Knowledge	Develop understanding of ingredients and healthy eating. Develop knowledge of maintaining a healthy diet. Understanding nutritional needs throughout life stages. Recalling different food groups and discussing healthy eating habits.	Identifying special dietary requirements. Knowing the cultural, religious and ethical beliefs that can affect food choice. Know the quality control process for food. Retrieve nutrition knowledge and identify their functions.	Gaining a deeper understanding of food functions. Develop understanding of energy use in relation to diet. Develop understanding of health issues Developing understanding of	Demonstrate understanding of different food groups and their functions. Recall and apply the principles of <i>The Eatwell guide</i> and the 8 tips for healthy eating, to their own diet. Develop understanding of meal planning for specific diets. Know the function of carbohydrates.	To know the process of digestion. To develop understanding of food sourcing and seasonality. Name the key nutrients, sources and functions. Developing understanding of food processing from farm to fork.	Identify the origin and simple functions of ingredients Use healthy eating and <i>The Eatwell Guide</i> to influence food choice. Develop knowledge, understanding and skills needed to engage in an iterative process of designing and making in a range of contexts, such as the home, school and culture.

Skills	<p>Preparing pasta and pasta sauces</p> <p>Acquire and demonstrate food preparation and cooking techniques.</p> <p>Acquire and demonstrate the principles of food hygiene and safety.</p> <p>Create high quality dishes for a wide range of people.</p> <p>Evaluate and test their ideas and the work of others.</p> <p>Develop the creative, technical and practical skills needed to perform everyday tasks confidently.</p>	<p>Preparing dough from scratch.</p> <p>Cooking for a range of dietary needs.</p> <p>Develop the creative, technical and practical expertise needed to perform everyday tasks</p> <p>Acquire and demonstrate the principles of food hygiene and safety.</p> <p>Create high quality dishes for a wide range of people.</p> <p>Evaluate and test their ideas and the work of others.</p> <p>Adapt and follow recipes using appropriate ingredients and equipment to prepare and cook a range of dishes, increasing in complexity.</p>	<p>Preparing shortcrust pastry.</p> <p>Evaluate and test their ideas and the work of others.</p> <p>Acquire and demonstrate food preparation and cooking techniques.</p> <p>Acquire and demonstrate the principles of food hygiene and safety.</p> <p>Create high quality dishes for a wide range of people.</p> <p>Evaluate and test their ideas and the work of others.</p> <p>Develop the creative, technical and practical skills needed to perform everyday tasks confidently.</p>	<p>Adapt and follow recipes using appropriate ingredients and equipment to prepare and cook a range of dishes, increasing in complexity.</p> <p>Acquire and demonstrate the principles of food hygiene and safety.</p> <p>Evaluate and test their ideas and the work of others.</p> <p>Acquire and demonstrate a range of food skills and techniques.</p>	<p>Evaluate and test their ideas and the work of others.</p> <p>Adapt and follow recipes using appropriate ingredients and equipment to prepare and cook a range of dishes, increasing in complexity.</p> <p>Acquire and demonstrate food preparation and cooking techniques.</p> <p>Acquire and demonstrate the principles of food hygiene and safety.</p> <p>Create high quality dishes for a wide range of people.</p> <p>Acquire and demonstrate a range of food skills and techniques.</p> <p>Develop the creative, technical and practical skills needed to perform everyday tasks confidently.</p>	<p>Build confidence using basic equipment and tools</p> <p>Apply basic practical skills independently.</p> <p>Demonstrate food preparation and cooking techniques.</p> <p>Demonstrate the principles of food hygiene and safety.</p>
Assessment	Pupils knowledge and understanding is supported and assessed through the use of formative and summative assessments, ensuring our pupils know more and remember more.					