Curriculum Map: Food Preparation and Nutrition Year 9

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Content Declarative knowledge 'I Know' *The course aims to extend students' knowledge and understanding of food, diet and health, further developing their practical skills in food preparation and different cooking techniques enabling them to make informed decisions about their own diet and food choices.*	The year 9 course is a practical and creative course which focuses on providing students with the necessary practical skills and nutritional knowledge they will need to understand the subject. The following topics will be covered: 1. Food, nutrition, and health. 2. Food science. 3. Food safety. 4. Food choice. 5. Food provenance. Students will be taught to prepare and cook a range of nutritionally balanced dishes safely and hygienically. The food safety principles when preparing, cooking, and serving food. **Students must know and understand** personal hygiene, clean work surfaces, separate raw and cooked foods and use of separate utensils	They learn the scientific principles underlying these processes when preparing and cooking food the working characteristics, functional and chemical properties of fats and oils. Shortening, plasticity Use of fats/oils to demonstrate these processes Shortening and plasticity, e.g pastry making. Gluten formation e.g., bread and bread products. Students will start to understand the Macronutrients and Micronutrients – the nutrients in food, their sources, and functions Have a greater understanding of the Eatwell Guide, when planning, preparing, cooking, modifying, and creating recipes to meet different	The food safety principles when preparing, cooking, and serving food. **Students must know and understand:** The correct cooking times, the appropriate temperature control, the food safety principles when buying and storing food. All temperature controls: ambient storage, temperature danger zone, correct use of domestic fridges and freezers, date marks, best before' and 'use by' dates, and the importance of covering foods. Students will learn about the principles of nutrition and healthy eating. They will use the eat well guide, food and its nutritional value, health and safety principles when preparing and making food.	Macronutrient- Carbohydrates How flour is made Cereals – turning flour into wheat/ into pasta The importance of carbohydrates and fibre in the diet Students will be able to explain the difference between wholemeal, brown and white flour products. The nutrients in food, their sources, and functions, in relation to different methods of heat transfer In preparing and cooking food they will understand the the working characteristics, of carbohydrates, fibre, fruit and vegetables, enzymic browning. How to carry out a nutritional analysis Understand the different methods of heat transfer and	The food safety principles when preparing, cooking, and serving food. **Students must know and understand:** The appropriate care with high-risk foods, the correct use of food temperature probes. Students will learn the importance of hygiene and the potential hazards when working in the technical area. Macronutrient - Protein Consider the importance of protein in the diet, their sources, and functions. They learn the scientific principles underlying these processes when preparing and cooking protein and protein alternatives. Students will learn how to make Informed choices of dishes	They consider the nutritional needs for the following life stages: young children, teenagers, adults and the elderly. They start to plan a balanced meal for specific dietary groups: vegetarian and vegan, coeliac, lactose intolerant and high fibre diets. Students will prepare and cook a variety of dishes incorporating theoretical understanding and knowledge of proteins – meat fish, eggs and alternative protein sources. Students understand the distinctive features and characteristics of cooking British and international cuisines. Looking at eating patterns, traditional and modern recipes, using different equipment, cooking

	Students will prepare and cook a variety of dishes incorporating theoretical understanding and knowledge: Pastry Pasties, Tarts, Savoury Choux Pastry Gougeres,	dietary groups and life stages. Focussing on teenager this term		apply them appropriately	the current guidelines for a healthy diet. portion size and costing when meal planning. how peoples' nutritional needs change and how to plan a balanced diet for different life stages. how to plan a balanced meal for specific dietary groups.	methods for them to create and present a range of suitable dishes.
Skills Procedural Knowledge 'I know how to'	Food preparation: Making doughs (bread, pastry) Use technical skills of shortening, gluten formation, fermentation (proving) for bread, pastry, pasta. Prepare, combined shape and finish products. Roll out pastry, line a flan ring, create layers, proving and resting, glazing, and finishing, such as piping.	Make dishes such as pies, pasties, choux pastry, bread rolls, sweet breads, focaccia, flat breads, soda bread. Safety & Hygiene: Ensure all practical are carried out safely and hygienically	Food Preparation: Use the hob, grill, microwave, and oven safely Use of electrical and kitchen equipment safely Demonstrate knife skills and precise skills Cook and serve a variety of dishes using starchy carbohydrates: rice, pasta, wheat, potatoes Preparing fruit and vegetables	Understand and apply nutrition and cooking principles to different methods of cooking Safety & Hygiene: Recap and recall how to set up a practical lesson Using the cooker safely and any other electrical equipment	Food preparation Preparing meat and vegetarian alternatives, fish, and eggs Use technical skills as coagulation, caramelization, filleting, jointing, marination, emulsification, foam creation, Apply and understand the functions of ingredients in protein, e.g. meat fish, eggs and alternatives, sauces and pasta	Creating different protein rich dishes and pasta. Research and prepare and cook a range of British and international cuisine, investigating further the distinctive features of traditional European cuisines. Safety & Hygiene: Recap and recall how to set up a practical lesson, plus food hygiene of meat and fish preparation.

Strategies Conditional Knowledge 'I know when to'	Students will learn how to apply the principles of nutrition and healthy eating. Students will learn the importance of hygiene and the potential hazards when working in the technical area. Students will prepare and cook a variety of dishes incorporating theoretical understanding and knowledge: Pastry Pasties, Tarts, Savoury Choux Pastry Gougeres.	Student will apply the scientific principles underlying these processes when preparing and cooking food the working characteristics, functional and chemical properties of fats and oils. Use of fats/oils to demonstrate these processes. Shortening and plasticity, eg pastry making	Students will apply their knowledge to use the eat well guide, to choose food, for its nutritional value. They will apply their health and safety knowledge when preparing and making food that are healthy choices Students will prepare and cook a variety of dishes, incorporating their theoretically and practically understanding of this knowledge: using different carbohydrates and fruit and vegetables	Students will apply the scientific principles underlying these processes when preparing and cooking food, applying the working characteristics, functional and chemical properties of carbohydrates, and fruit and vegetables.	Students will apply their knowledge how to make Informed choices of dishes the current guidelines for a healthy diet, portion size and costing when meal planning. how peoples' nutritional needs change and how to plan a balanced diet for different life stages. Plan a balanced meals for specific dietary groups. Students will apply the scientific principles underlying these processes when preparing and cooking protein and protein alternatives.	State at least one function and source of each micronutrient Start to learn about British and international cuisine, investigating further the distinctive features of traditional European cuisines.
Key Questions	Do I know when I can prepare and cook food safely and hygienically? What have I learnt about the functional properties of pastry and bread?		Can I apply my knowledge of different methods of heat transfer to choose the best method of cooking when cooking vegetables?		Can I apply my knowledge of Nutrition when planning meals for different target groups?	

Assessment topics	Practical assessment on pastry dish	Theory test on Bread and pastry	Practical assessment on a dish containing starchy carbohydrates	Theory test on enzymic browning/ cooking methods	Practical assessment on a fish dish with accompaniments	Theory test on proteins and eggs
Cross curricular links/Character Education	**Science:** Functional and chemical properties of *carbohydrates* – starch/ shortening/gluten formation *Biological* raising – fermentation **English:** descriptive adjectives of sensory analysis and evaluation	**Maths:** Measurement Ratio/Fractions **PE:** Eatwell Guide and Diets Macronutrients Micronutrients **Art and Design**: Presentation and decoration	**Science:** Functional and chemical properties of *carbohydrates* – starch/gelatinisation /gelation/dextrinization/ oxidation caramelisation, How heat is transferred **English:** descriptive adjectives of sensory analysis and evaluation	**Maths:** Measurement Ratio/Fractions / analysis nutritional data **Geography:** Foods are grown and harvested / seasonality/ airmiles **PE:** Eatwell Guide and Diets Macronutrients Micronutrients **Art and Design:** Presentation and decoration	**Science:** Functional and chemical properties of *Protein*- coagulation/ denaturation **English:** descriptive adjectives of sensory analysis and evaluation	**Maths:** Measurement Ratio/Fractions/ analysis nutritional data **Geography**: Foods, reared/farmed/ organic/ free range **PE:** Eatwell Guide and Diets Macronutrients Micronutrients **Art and Design:** Presentation and decoration