



## Year 9 Food Preparation & Nutrition Curriculum Map

<b>Overview</b>	2 x 9 week carousel, 8 x Practical Lessons implementing theoretical knowledge in a practical setting and developing cooking skills. <b>8 Homeworks</b> reinforcing both theory and practical knowledge with extension work to develop adaptive learning. Theory lessons are based within a kitchen environment. Work is based around the <b>High Order Cooking Skills and Methods, Food Science</b> and <b>British and International Cuisine</b> . All practical work is self evaluated to provide pupils continued focusses and targets related to their practical progress. All rotations conclude with a Mini NEA project based around adaptive GCSE criteria.	
<b>Year 9</b>	First Rotation	Second Rotation
<b>Topic</b>	Higher Order Cooking Skills and Methods/Food Science/International Cuisine	Practical Lessons
<b>Knowledge</b>	<p><b>Mastering:</b>          Where do Bacteria come from?          Micronutrients          Nutritional needs of individual groups of people          Sensory Evaluations          Star Profiles          Fermentation          Caramelisation          Nutritional Analysis          How to use a temperature probe and microwave safely          Heat treatments (Milk, Yoghurt and Cheese)          Flour processing into pasta          Formation of Pastries          Gelatinisation          Factors that influence food choice          Seasonality          British and International Cuisines (Mini NEA based on GCSE criteria)</p>	<p><b>Moving forward:</b>          Minestrone Soup          Tomato and Basil Tart          Bread          Milk/Yoghurt/Cheese          Pasta          Blancmange          Gougeres          Seasonal Fruit Tarts</p> <p>(Mini NEA - based on International Cuisine)</p>
<b>Skills</b>	<p><b>Classroom based skills:</b>          Development of knife skills          Using scientific food processes such as Fermentation, Caramelisation and Gelatinisation when designing recipes and cooking          Develop skills in making - flaky, choux pastry          Combining food alterations to create interesting textures, tastes and appearances within a dish</p>	<p><b>Homework based skills:</b>          Organisation and Planning for practical lessons          Researching/Investigating International Cuisine/Identifying recipes and dishes that have Higher Order Skills involved and how these affect the dish.          Experimentation with different scientific food processes and report writing on findings.</p>

	Identify skills used within International cuisine and how this reflects culture, religion, climate and tradition. Adopting international cooking techniques within planned dishes (NEA)	
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