

Academic Learning Plan 2023-2024

Food

Year: 9

Subject intent

To provide a curriculum built on the principles of nutrition, with a clear understanding of healthy eating and the Eatwell guide. • To develop confidence and independence at selecting and modifying recipes, allowing them to plan, prepare, cook, and present a range of dishes. • To provide opportunities to explore and investigate different ingredients, where they come from, their properties and functions. Students will have 2 hour lessons a fortnight.

Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Content	<p>Food hygiene and safety 4 'C's, Life, growth and death of pathogens The Eatwell Guide Describe and apply the principles of the Eatwell Guide The Eatwell Guide – focus on carbohydrates: starches, sugars and fibre (practical link: risotto) How dietary needs change through life Why dietary needs change throughout life stages To describe the main dietary requirements in each life stage List and explain the dietary needs of children and young people. (practical link: Pasta Fiorentina) Energy The relationship between physical and energy balance</p>	<p>Factors that affect food choice – dietary needs – adverse reactions to food Allergens and food intolerance (practical link: Dutch apple cake) Factors affecting food choice – religious, cultural, ethical beliefs Different special dietary needs linked to religious/cultural beliefs Modifying a dish for different religions, cultural beliefs. (practical link: vegetable samosas, mince pies) Factors affecting food choice: special diets – vegetarian/vegans (practical link: cottage pie/Bolognese sauce Christmas) Cost and availability of food Ways of reducing the money spent on ingredients. Costing a recipe</p>	<p>Cost and availability of food Ways of reducing the money spent on ingredients. Costing a recipe (practical link: savoury tart – use of leftover ingredients) Food labelling The information that is provided on food packaging. Food availability – food provenance Food availability, traceability, food certification, assurance schemes, animal welfare (practical link: Chelsea buns/marble pear tray bake – according to group) Food waste How food waste can be reduced (practical link: savoury tart) <u>Practical skills being developed</u> Savoury tart</p>	<p>Functional and chemical properties of ingredients: butters/oils Aeration and shortening (practical link: investigation in to shortening ingredients) Functional and chemical properties of ingredients: Protein Denaturation and coagulation (practical link: mini meringues) Why food is cooked Different methods of heat transfer (practical link: lasagne) <u>Practical skills being developed</u> Practical investigation into shortening Mini meringues (denaturation/coagulation of egg protein) Preparing a tin Weigh, measure Whisking Piping Baking Lasagne Weigh, measure Cut, chop. slice, dice and trim Peel, crush Fry and sauté Melt, simmer – sauce making Mix, stir and combine Grate</p>	<p>Raising agents-Chemical/biological (practical link: scone round or gingerbread) Mechanical raising agent: Air and Steam (practical link: Swiss roll) Festival feast meal planning task (practical link: Thai chicken curry) <u>Practical skills being developed</u> Scone round/gingerbread (link to use of chemical raising agents) Weigh and measure Mix, stir and combine Rub in, Grate Mix, stir and combine Roll out Form and shape Glaze Bake Swissroll (mechanicalraising agent) Lining a tin Weigh and measure Whisk – using electric whisk. Fold</p>	<p>Changing food choice – meal kit task Research task on recipe kits available in supermarkets and for home delivery. Planning a practical based on a meal kit recipe. Time plan (practical link: dish based on a meal kit – choice to be given to students as necessary) Evaluation/labelling/costing for meal kit dish made (possibly two lessons) Appraisal and evaluation of the learning journey <u>Practical skills being developed</u> Meal kit practical (skills demonstrated dependent on choice of dish) Practical tbc – linked to appraisal/evaluation of practical work)</p>

	<p>(practical link Pasta Fiorentina)</p> <p><u>Practical skills being developed</u></p> <p>Risotto Weigh, measure Peel, cut, chop, slice, dice and trim Grate Fry/sauté Mix, stir, combine Simmer</p> <p>Pasta Fiorentina Weigh, measure Cut, chop, slice, dice and trim Peel, crush Grate, melt, simmer, boil, Fry/sauté</p>	<p>(practical link: savoury tart – use of leftover ingredients)</p> <p><u>Practical skills being developed</u></p> <p>Dutch apple cake (linked to work on allergens) Weigh, measure, lining a tin Cream, beat, mix, stir and combine Fold, core, cut, chop, slice Bake</p> <p>Sweet and sour chicken (linked to work on food from different cultures) Handling of raw meat, knife skills, frying, thickening a sauce using gelatinisation</p> <p>Bolognese sauce (linked to meals that can be adapted for vegetarian/vegan diets) Knife skills, sauteing, frying, making a reduction sauce, simmering boiling, draining.</p>	<p>Making shortcrust pastry. Weigh, measure Rub-in Mix, stir and combine Roll out Cut, chop, slice, dice Bake</p> <p>Testing for readiness</p> <p>Making pasta Mixing, kneading, use of pasta machine to form tagliatelle or ravioli (extended skill task) and the making of a ‘cook chill’ dish</p> <p>Chelsea buns/marble pear tray bake (according to group) Weigh, measure Knead, melt, shape, prove, glaze, bake (Chelsea buns) Core, slice Cream, beat, fold, mix stir and combine Decorate Bake (Marble pear traybake)</p>	<p>Bake</p> <p>Extended practical task: making own pasta sheets to review learning.</p>	<p>Bake</p> <p>Testing for readiness Spread and roll</p> <p>Thai chicken curry (Festival feast meal) Weigh, measure Cut, chop, slice, dice and trim Fry and sauté Mix, stir and combine Simmer</p>	
Literacy	Key words in books In knowledge organisers	Key words in books In knowledge organisers	Key words in books In knowledge organisers	Key words in books In knowledge organisers	Key words in books In knowledge organisers	Key words in books In knowledge organisers
Knowledge organisers	Laminated knowledge organisers available. Paper copies to go into exercise books. Copies available on Teams for further reference. Differentiated knowledge organisers available.	Laminated knowledge organisers available. Paper copies to go into exercise books. Copies available on Teams for further reference. Differentiated knowledge organisers available.	Laminated knowledge organisers available. Paper copies to go into exercise books. Copies available on Teams for further reference. Differentiated knowledge organisers available.	Laminated knowledge organisers available. Paper copies to go into exercise books. Copies available on Teams for further reference. Differentiated knowledge organisers available.	Laminated knowledge organisers available. Paper copies to go into exercise books. Copies available on Teams for further reference. Differentiated knowledge organisers available.	Laminated knowledge organisers available. Paper copies to go into exercise books. Copies available on Teams for further reference. Differentiated knowledge organisers available.
Assessment	Baseline test	Written assessment:	Practical assessment: Savoury tarts	Written assessment:	Practical assessment: Swiss rolls	Written assessment:

	Practical assessment: Pasta Fiorentina					
GCSE AO Link (where appropriate)	N/a	n/a	n/a	n/a	n/a	n/a
Homework	Set once a fortnight	Set once a fortnight	Set once a fortnight	Set once a fortnight	Set once a fortnight	Set once a fortnight
CEIAG	Environmental Health Inspector, Nutritionist	Dietician	Graphic designer – Food labelling, Recipe development	Chef, Baker	Food technologist	Food product developer
Enrichment	GBBO style competition – possibly linked to a House competition.	Practical linked to Christmas (such as mince pies) if time allows	Practical linked to World Book Day Rotary Young Chef competition	Practical linked to Easter if time allows – such as hot cross buns		Possible practical activities as part of Activities week