

# CURRICULUM OVERVIEW 2018-19



## Food Preparation & Nutrition Year 9

Success for All through Achievement, Challenge & Enjoyment



## Curriculum Overview 2018-19

Year group: 9

Subject Food Preparation and Nutrition

Periods per Week: 2 (Group 9B One theory and One practical, Group 9D two theory one practical)

Term	Topics studied Add dates and any assessments included	Extended learning opportunities (homework, controlled assessments, field work, trips etc.)	How parents could support students
Autumn Term	<p>The Food Preparation and Nutrition in year 9 is primarily a skills extension year</p> <ol style="list-style-type: none"> <li>1. Heath Safety and Hygiene -Recap</li> <li>2. Batters – pancake demo – pancakes practical</li> <li>3. Gelatinisation – roux demo –practical make cheesy pasta or veg</li> <li>4. Application of roux sauce – Large slice with roux sauce and fillings of your choice</li> <li>5. Veg preparation recap/demo vegetable curry – make veg curry - seasonality</li> <li>6. Meat sauces and application in products – Nutrients</li> <li>7. Developing the meat sauce and the all in one white sauce – Lasagne</li> <li>8. Cheese straws experiment - - practical assessment- following written instructions + written exam</li> <li>9. Party – blind baking and pastry casings- shortcrust</li> <li>10. Mini quiches – coagulation – denaturing</li> <li>11. Developing shortcrust to sweet shortcrust</li> </ol> <p>ASSESSMENT WKB 19<sup>th</sup> Nov for 2 weeks</p>	<p>Regular flipped learning homework are set on Google classroom for example</p> <ol style="list-style-type: none"> <li>1.What is gelatinisation FL</li> <li>2. What is denaturing – give examples FL</li> <li>3. All: identify 4 proteins, 4. carbohydrates and 4 fats Most: Explain what the different categories are of each of the above Some: identify and explain the sub groups in each category</li> <li>4. Watch video of the making of a roux sauce FL</li> <li>5. What is your favourite application for the meat sauce? All. Will be able to identify and select a dish Most: Will identify and select a dish and say what they like about the dish Some: Will identify and select a dish and say what its nutrition properties are.</li> <li>6. Collect images of different types of pastries products</li> </ol>	<ol style="list-style-type: none"> <li>1. Make sure students have the correct ingredients</li> <li>2. Weigh out ingredients</li> <li>3. Provide correct containers</li> <li>4. Prompt students to pick up their food at the end of the day</li> <li>5. Prompt student to complete flipped learning tasks</li> </ol>
Spring Term	<p>Continuing: -</p> <ol style="list-style-type: none"> <li>1. Flaky pastry demo – make flaky pastry – Food intolerances.</li> <li>2. Flaky pastry product -</li> <li>3. Congress tarts – extending skills and combining skills</li> <li>4. Choux pastry demo, plan and choux buns</li> <li>5. Cakes – Swiss Roll demo-make Swiss Roll – function of the ingredients</li> <li>6. Creamed sponges – demo and make creamed sponge (jam)</li> </ol>	<ol style="list-style-type: none"> <li>6.Design your own pastry product flipped learning</li> <li>7.Dietary needs – intolerances investigated All: List 6 dietary needs. Most: Explain 4 different dietary needs Some: Chose one to discuss in more detail (what types of foods can they eat and not eat, what are the symptoms experienced).</li> <li>8. Mood board of different types of cake</li> <li>9. Evaluation/ star chart Swiss roll</li> </ol>	<ol style="list-style-type: none"> <li>6. Make sure students have the correct ingredients</li> <li>7. Weigh out ingredients</li> <li>8. Provide correct containers</li> <li>9. Prompt students to pick up their food at the end of the day</li> </ol>

	<p>7. Rubbed in sponges – function of the ingredients</p> <p>8. Breads – from field to Plate make bread</p> <p>9. How do we modify products – modified breads</p> <p>10. Revision and recap</p> <p>ASSESSMENT WKB 4<sup>th</sup> March for 2 weeks</p>	<p>10. describe how to make a creamed sponge following the demo (check and test)</p>	
<p>Summer Term</p>	<p>Italian Project:</p> <p>1. Small bread Pizza- practical assessment – Italy the country and culture</p> <p>2. Calzone – regional foods and national dishes</p> <p>3. Free choice Italian slant on a pastry or</p> <p>4. Pasta and tom sauce – Making fresh pasta</p> <p>5. Fresh pasta continued ravioli – filled</p> <p>6. Italian Project final dish</p> <p>7. Small skills – Meringues - Exam</p> <p>8. Small skills – Butter</p> <p>9. Small skills – Piping techniques</p> <p>10. Recap/revision</p> <p>11. Free choice of any product made</p> <p>ASSESSMENT WKB 24<sup>th</sup> June for two weeks</p>	<p>11 Italian 6 week project details on go for schools</p> <ul style="list-style-type: none"> <li>- The country</li> <li>- The culture</li> <li>- The food</li> </ul> <p>12. Revision final assessment</p>	<p>12. Make sure students have the correct ingredients</p> <p>13. Weigh out ingredients</p> <p>14. Provide correct containers</p> <p>15. Prompt students to pick up their food at the end of the day</p>