

Food Preparation and Nutrition Long Term Plan Year 9 2019



Temperance Term

| W/C | 2nd September | 9th September | 16th September | 23rd September | 30th September | 7th October | 14th October | 21st October |
|------------|--|--|---|--|---|---|---|--|
| Topic | H&S | H&S | H&S | H&S | Eatwell Guide | Eatwell Guide | Eatwell Guide | Eatwell Guide |
| | 1 Induction Recap Safety and hygiene in a food room Learning journey | Induction Recap Safety and hygiene in a food room Learning journey | 2 Eatwell plate Dietary needs | 3. Practical: Curry | 4. Food miles and Food habits | 5. Burritos | 6. dietary requirements within age groups | 7. samosas |
| Challenge | N/A | Advance H&S rules | Analyse and compare requirements | Sauce skills (thickening) | How could reducing food miles help our community | Independent cooking, follow recipe and adapt | Analyse recipe of choice and calculate vitamins and minerals to needs | Independent cook (2 question rule) |
| Assessment | | Online SMHW Quiz | Self/Peer assessment on set criteria | Use of knife, sauce skills (GCSE skill 8) Teacher Assesed | Self/Peer assessment on set criteria | Self/Peer assessment on set criteria | Online SMHW Quiz | Independence and safety in kitchen (GCSE skill 1-6) Teacher assessed |
| W/C | HALF TERM | 4th November | 11th November | 18th November | 25th November | 2nd December | 9th December | CHRISTMAS |
| Topic | | Food science | Food science | Eatwell Guide | Eatwell Guide | Eatwell Guide | Eatwell Guide | |
| | | 8. Protein and alternative protein | 9. Omelette challenge | 10. Dietary needs cultural and individual needs | 11. Christmas batch cookie design | 12. Christmas cookie practical (batch of 12) | 13. Christmas food quiz | |
| Challenge | | How can results be applied in practical cookery | Explain the chemical reaction happening within the omelette | Choose a cultural diet and analyse background to diet | Research own recipe for use in cookie challenge. Link to cultural diet. | Shaping and finishing, batch of 12. | Answer advanced questions | |
| Assessment | | Online SMHW Quiz | Application of food science in practical methods (GCSE skill 12) Teacher Assesed | Self/Peer assessment on set criteria | Self/Peer assessment on set criteria | Shaping of bread for professional finish Teacher Assesed | Marked quiz | |

Food Preparation and Nutrition Long Term Plan Year 9 2019



Chichester
Free School
Nurture • Challenge • Inspire



Food Preparation and Nutrition Long Term Plan Year 9 2019

Justice Term

| | | | | | | | |
|------------|--|--|---|--|--|---|------------------|
| W/C | 6 th January | 13 th January | 20 th January | 27 th January | 3 rd February | 10 th February | HALF TERM |
| Topic | Food science | Food science | Food science | Eatwell Guide Pt 2 | Food science | Food science | |
| | 13. Specific dietary needs-adapting recipes to suit diets Allergens /religious and cultural needs | 14. Penne fiorentina-adapting a recipe | 15. Food labelling, assurance, traceability animal welfare | 16. Mango marinaded chicken drumstick rice bake | 17. Shortening Characteristics of ingredients | 18. Pasties | |
| Challenge | Research into culinary allergens and applications of safety | Independent application of recipe and allergen safety techniques applied | Understand the various labels and backgrounds and how they can be applied | Apply GCSE skill 9 and check chicken thoroughly without assistance | Explain the chemical breakdown and how this can be applied in a practical session | Creation of dough (GCSE skill 10) with minimum assistance (rolled and shaped) | |
| Assessment | Online SMHW quiz | Teacher VF | Successful application of coagulation Teacher Assesed | Self/Peer assessment on set criteria | Self/Peer assessment on set criteria | Successful explanation and application of dough and shortening Teacher Assesed | |
| W/C | 24 th February | 2 nd March | 9 th March | 16 th March | 23 rd March | 30 th March | |
| Topic | Eatwell Guide Pt 2 | Eatwell Guide Pt 2 | Diet | Diet | Diet | Diet | |
| | 19. Aeration and cake making methods | 20. Swiss roll | 21. Choux pastry (GSCE skill 10) | 22. Gougeres and roux | 23. garnishing skills | 24. garnishing challenge | |
| Challenge | Analysis of chemical reaction in aeration | Application of accurate timings and aeration. | Understand how to create crisped pastry and not have a soggy bottom | Apply pastry skilled learnt | Apply research of skills set for next lesson and understand the safety methods behind these. | Apply research from previous lesson to creation | |
| Assessment | Self/Peer assessment on set criteria | Method followed with successful chemical reaction Teacher Assesed | Self/Peer assessment on set criteria | Self/Peer assessment on set criteria | Fact file on individual diet Teacher Assesed | Teacher VF | |

Food Preparation and Nutrition Long Term Plan Year 9 2019



Courage Term

| | | | | | | |
|------------|--|--|---|--|---|--|
| W/C | 20 th April | 27 th April | 4 th May | 11 th May | 18 th May | HALF TERM |
| Topic | Diet | Diet | Diet | Diet | Assessment | |
| | 25. Investigate ready chilled meals adapting to suit different consumers | 26. Sweet and sour chicken | 27. Investigate food Festivals Health and safety at a food festival | 28- . Plan a menu for a festival and calculate costs | 29. Masterchef Assessment and feedback | |
| Challenge | State nutritional and health benefits foods | Adapt recipe to certain dietary requirements | Explain the differences in dishes based on research and how these could be applied in a practical setting | Full sensory analysis and costing of dishes | Apply previous lessons research and apply to practical dish | |
| Assessment | Self/Peer assessment on set criteria | Ability to use own recipe and apply H&S Teacher Assesed | Online SMHW quiz | Self/Peer assessment on set criteria | Analyse and development Teacher Assesed | |
| W/C | 1st June | 8 th June | 15 th June | 22nd June | 29 th June | 6 th July |
| Topic | Assessment | Assessment | Development for Yr 9 | Development for Yr 9 | Development for Yr 9 | Development for Yr |
| | 30. <i>Evaluation and feedback</i> | 31. Brownies (melting method) | Mini NEA Adapting and designing own recipe | <i>Enrichment Week</i> | Mini NEA Adapting and designing own recipe, practical | <i>Targets for year 10</i> |
| Challenge | Explain improvements needed and how they would approach these | Self/Peer assessment on set criteria | Create a nutrition label | N/A | Beat the clock | Aim for 3 challenge level tasks |
| Assessment | KS3 Internal Exams | | Self/Peer assessment on set criteria | | Teacher Assesed | Self/Peer assessment on set criteria |