

Food Preparation and Nutrition Long Term Plan Year 9

Temperance Term

W/C	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	HALF TERM	
Topic	Health and Safety		Health and Safety	Health and Safety	Eatwell Guide				
Core	Induction Recap- Understanding the rules to be able to use the kitchens safely. <ul style="list-style-type: none"> Safety and hygiene in a food room Classroom rules and why these are in place Learning journey 		Eatwell Guide in relation to Dietary needs <ul style="list-style-type: none"> Social, cultural and moral reasons to a diet How Social, cultural and moral reasons can lead to unbalanced diets and how to rectify this. How to apply the Eatwell guide to Social, cultural and moral diets Practical application of Social, cultural and moral diet- Curry 		Food miles and Food habits within age groups <ul style="list-style-type: none"> What are food miles recap What are food habits Positive/ negatives of food habits How to apply food miles/ food habits to a dish- Practical- Burritos Dietary requirements within age groups Independent research into age related diets 				
Challenge	Challenge task set in LJ Advance H&S rules HW- Health and safety rules leaflet		Analyse and compare requirements Sauce skills (thickening) HW- Research into a Social, Cultural or Moral Diet		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 HW- Research into a Social, Cultural or Moral Diet				
Assessment	TFV		Self/Peer assessment on set criteria Use of knife, sauce skills (GCSE skill 8) Teacher Assesed		Self/Peer assessment on set criteria Online Quiz				

W/C	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	CHRISTMAS
Topic	Eatwell Guide	Food science		Eatwell Guide			
Core	Food miles and Food habits within age groups- cont <ul style="list-style-type: none"> Adaption of selected diet to create alternative samosas 	Coagulation and denaturisation of protein <ul style="list-style-type: none"> What is protein and alternative protein What is coagulation What is denaturisation Practical -Omelette challenge 		Dietary needs - cultural and individual needs <ul style="list-style-type: none"> What is food provenance What are primary and secondary food processing How can diet and cultural/individual needs effect food Practical- Jam How can we adapt dishes to meet needs? Christmas batch cookie design adapted to needs Practical- Christmas cookie (batch of 12) 			
Challenge	Independent cook (2 question rule) HW- Evaluation of results	How can results be applied in practical cookery Explain the chemical reaction happening within the omelette HW- Food science factfile		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. HW- Dietary needs mini project			
Assessment	Independence and safety in kitchen (GCSE skill1-6) Teacher assessed	Application of food science in practical methods (GCSE skill 12) Teacher Assesed		Shaping of doughs for professional finish Teacher Assesed			

Food Preparation and Nutrition Long Term Plan Year 9

Justice Term

W/C	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	HALF TERM
Topic	Food science- GCSE tasters						
Core	<ul style="list-style-type: none"> Specific dietary needs- adapting recipes to suit diets Allergens /religious and cultural needs Penne Fiorentina practical- adapting a recipe, GCSE skills 1-6 Food labelling, assurance, traceability animal welfare Marinated chicken rice bake- GCSE skill 9 Shortening Characteristics of ingredients Pasties practical- GCSE skill 10 						
Challenge	<p>Research into culinary allergens and applications of safety</p> <p>Independent application of recipe and allergen safety techniques applied</p> <p>Understand the various labels and backgrounds and how they can be applied</p> <p>Apply GCSE skill 9 and check chicken thoroughly without assistance</p> <p>Explain the chemical breakdown and how this can be applied in a practical session</p> <p>Creation of dough (GCSE skill 10) with minimum assistance (rolled and shaped)</p> <p>HW- GCSE skills mini project, what are they and practical applications</p>						
Assessment	<p>Online quiz</p> <p>Successful application of coagulation</p> <p>Successful explanation and application of dough and shortening</p>						

W/C	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	EASTER
Topic	Eatwell Guide Pt 2		Diet				
Core	<ul style="list-style-type: none"> Aeration and cake making methods Swiss roll practical- GCSE skill 11 		<ul style="list-style-type: none"> How to create rough puff pastry (GCSE skill 10) Cheese Straws practical Practical application of garnishing skills, Medium/ complex level Garnishing challenge 				
Challenge	<p>Analysis of chemical reaction in aeration</p> <p>Application of accurate timings and aeration.</p> <p>HW- GCSE skills mini project, what are they and practical applications- cont.</p>		<p>Understand how to create crisped pastry and not have a soggy bottom/ method to improve this</p> <p>Apply pastry skill learnt to a complex skill level</p> <p>Apply research of skills set for next lesson and understand the safety methods behind these.</p> <p>Apply research from previous lesson to creation</p> <p>HW- Chef challenge</p>				
Assessment	<p>Method followed with successful chemical reaction</p> <p>Teacher Assessed</p>		<p>Self/Peer assessment on set criteria</p> <p>Teacher Assessed</p> <p>Teacher VF</p>				

Food Preparation and Nutrition Long Term Plan Year 9

Courage Term

W/C	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	HALF TERM
Topic	Diet				Assessment		
Core	<ul style="list-style-type: none"> Investigate ready chilled meals adapting to suit different consumers Sweet and sour chicken practical Investigate food festivals Health and safety at a food festival- EHO task Plan a menu for a festival and calculate costs 				<ul style="list-style-type: none"> Masterchef Assessment and feedback Evaluation 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 HW- Food Festival mini project- research into a variety of festivals and comparisons				Apply previous lessons research and apply to practical dish Explain improvements needed and how they would approach these HW- Deep evaluation into final project		
Assessment	Ability to use own recipe and apply H&S Teacher Assessed Online quiz				Analyse and development Teacher Assessed		

W/C	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	SUMMER
Topic	Food application		Development for GCSE/ life after FPN				
Core	<ul style="list-style-type: none"> Garnishing skills Brownies (melting method) 		<ul style="list-style-type: none"> Mini NEA Adapting and designing own recipe Enrichment Week Mini NEA Adapting and designing own recipe, practical Targets for year 10 				
Challenge	Presentation of food Self/Peer assessment on set criteria HW- Profile on the melting method		Create a full nutrition label Aim for 3 challenge level tasks HW- Recipes for life/ GCSE				
Assessment	Teacher assessment Keyword Spelling H&S		Self/Peer assessment on set criteria Teacher Assessed				