

# Food Preparation and Nutrition Long Term Plan Year 9 2021-22

## Temperance Term

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

W/C	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	CHRISTMAS
<b>Topic</b>	Eatwell Guide	Food science		Eatwell Guide			
<b>Core</b>	<b>Food miles and Food habits within age groups- cont'</b> <ul style="list-style-type: none"> <li>Adaption of selected diet to create alternative spring rolls/samosas</li> </ul>	<b>Coagulation and denaturation of protein</b> <ul style="list-style-type: none"> <li>What is protein and alternative protein</li> <li>What is coagulation</li> <li>What is denaturation</li> <li><b>Practical -Omelette challenge</b></li> </ul>		<b>Dietary needs - cultural and individual needs</b> <ul style="list-style-type: none"> <li>What is food provenance</li> <li>What are primary and secondary food processing</li> <li>How can diet and cultural/individual needs effect food</li> <li>How can we adapt dishes to meet needs?</li> <li>Christmas batch cookie design adapted to needs</li> <li><b>Christmas cookie practical (batch of 12)</b></li> </ul>			
<b>Challenge</b>	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 fact file		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			
<b>Assessment</b>	Independence and safety in kitchen (GCSE skill1-6) Teacher assessed	Online Quiz	<b>Application of food science in practical methods (GCSE skill 12)</b> Teacher Assessed	Self/Peer assessment on set criteria		<b>Shaping of bread for professional finish</b> Teacher Assessed	

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## Justice Term

W/C	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	HALF TERM
Topic	Food science	Food science	Food science	Food Science	Food science	Food science	
Core	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. 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 quiz	Teacher VF	Successful application of coagulation Teacher Assesed	Self/Peer assessment on set criteria		Successful explanation and application of dough and shortening Teacher Assesed	

W/C	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	EASTER
Topic	Eatwell Guide Pt 2	Eatwell Guide Pt 2	Diet	Diet	Diet	Diet	
Core	19. Aeration and cake making methods	20. Swiss roll	21. puff pastry (GCSE skill 10)	22. Cheese Straws	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/ methods to improve this	Apply pastry skill learnt to a complex skill level	Apply research of skills set for next lesson and understand the safety methods behind these.	Apply research from previous lesson to creation	
Assessment		Method followed with successful chemical reaction Teacher Assesed	Self/Peer assessment on set criteria	Self/Peer assessment on set criteria	Teacher Assesed	Teacher VF	

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## Courage Term

W/C	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	HALF TERM
Topic	Diet	Diet	Diet	Diet	Assessment	Assessment	
Core	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	30. 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	Apply previous lessons research and apply to practical dish	Explain improvements needed and how they would approach these	
Assessment	Self/Peer assessment on set criteria	Ability to use own recipe and apply H&S Teacher Assessed	Online quiz	Self/Peer assessment on set criteria	Analyse and development Teacher Assessed	Analyse and development Teacher Assessed	

W/C	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	SUMMER
Topic	Food application	Food application	Development for GCSE/ life after FPN	Development for GCSE/ life after FPN	Development for GCSE/ life after FPN	Development for GCSE/ life after FPN	
Core	30. Garnishing skills	31. Brownies (melting method)	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	Create a full nutrition label	N/A	Beat the clock	Aim for 3 challenge level tasks	
Assessment	Teacher assessment Keyword Spelling	H&S	Self/Peer assessment on set criteria		Teacher Assessed	Self/Peer assessment on set criteria	