



Design and Technology

Cooking and Nutrition Long Term Plan Year 9

W/C	7 th September	11 th September	18 th September	25 th September	2 nd October	9 th October	16 th October	HALF TERM	2 nd November	6 th November	13 th November	
	Introduction Recap Safety and hygiene in a food room Learning journey	Introduction Recap Safety and hygiene in a food room Learning journey	Eatwell guide Dietary needs	Research into baseline practical	Practical: Curry		Food miles and Food habits Practical: Burritos		dietary requirements in age	Practical: samosas	Protein and alternative protein	
W/C	20 st November	27 th November	4 th December	11 th December	CHRISTMAS	5 th January	8 th January	15 th January	22 nd January	29 th January	5 th February	HALF TERM
	Practical: Omelette challenge	Dietary needs cultural and individual needs	Practical: Mince Pie baklava	Food quiz		Specific dietary needs- adapting recipes to suit diets Allergens /religious and cultural needs	Practical: Penne fiorentina- adapting a recipe	Food labelling, assurance, traceability animal welfare	Practical: Mango marinated chicken drumstick rice bake	Shortening Characteristics of ingredients	Practical: Pasties	
W/C	20 th February	26 th February	5 th March	12 th March	19 th March	26 th March	EASTER	18 th April	23 rd April	30 th April	7 th May	
	Aeration and cake making methods	Practical: Swiss roll	Choux pastry skill levels Thickening gelatinisation	Practical: Gougeres and roux	Investigate food Festivals Health and safety at a food festival	Plan a menu for a festival and calculate costs		<i>Skills in garnishing</i>	Practical: garnishing challenge	Investigate ready chilled meals adapting to suit different consumers	Practical: Sweet and sour chicken	
W/C	14 th May	21 st May	HALF TERM	5 th June	11 th June	18 th June	25 th June	2 nd July	9 th July			
	EXAMS	EXAMS		Mini NEA Task introduction	Mini NEA Task Research and time plan	Practical NEA Task	Evaluation/ assessment and feedback	Practical Eton Mess	Target setting			