



Food Preparation and Nutrition Long Term Plan Year 9 2020/21

Temperance Term

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|---|---|--|---|--|---|---|---|------------------|
| W/C | 7 September | 14 September | 21 September | 28 September | 5 October | 12 October | 19 October | Half term |
| Topic | H&S | H&S | H&S | H&S | Eatwell Guide | Eatwell Guide | Eatwell Guide | |
| Min 1 Task & Learning Journey & Plenary | 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 | |
| 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 | |
| Assessment & Homework | | 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 | |
| W/C | 2 November | 9 November | 16 November | 23 November | 30 November | 7 December | CHRISTMAS | |
| Topic | Eatwell Guide | Food science | Food science | Eatwell Guide | Eatwell Guide | Eatwell Guide | | |
| Min 1 Task & Learning Journey | 7. samosas | 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) | | |
| Challenge | Independent cook (2 question rule) | 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. | | |
| Assessment & Homework | Independence and safety in kitchen (GCSE skill 1-6) Teacher assesed | 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 | | |



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Justice Term

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| W/C | 4 January | 11 January | 18 January | 25 January | 1 February | 8 February | HALF TERM |
| Topic | Food science | Food science | Food science | Eatwell Guide Pt 2 | Food science | Food science | |
| Min 1 Task & Learning Journey | 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 marinated 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 & Homework | 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 | 22 February | 1 March | 8 March | 15 March | 22 March | 29 March | |
| Topic | Eatwell Guide Pt 2 | Eatwell Guide Pt 2 | Diet | Diet | Diet | Diet | EASTER |
| Min 1 Task & Learning Journey | 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 & Homework | 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 | |



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Courage Term

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| W/C | 19 April | 26 April | 3 May | 10 May | 17 May | 24 May | Half Term |
| Topic | Diet | Diet | Diet | Diet | Assessment | Assessment | |
| Min 1 Task & Learning Journey | 25. Investigate ready chilled meals adapting to suit different consumers | 26. <i>Sweet and sour chicken</i> | 27. Investigate food Festivals Health and safety at a food festival | 28. . Plan a menu for a festival and calculate costs | 29. <i>Masterchef Assessment and feedback</i> | 30. <i>Evaluation and feedback</i> | |
| 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 & Homework | 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 Assessed | Analyse and development Teacher Assessed | |
| W/C | 7 June | 14 June | 21 June | 28 June | 5 July | 12 July | Summer Holidays |
| Topic | Assessment | Assessment | Development for Yr 9 | Development for Yr 9 | Development for Yr 9 | Development for Yr 9 | |
| Min 1 Task & Learning Journey | 30. <i>Garnishing skills</i> | 31. <i>Brownies (melting method)</i> | 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 | Presentation of food | Self/Peer assessment on set criteria | Create a nutrition label | N/A | Beat the clock | Aim for 3 challenge level tasks | |
| Assessment & Homework | Teacher assessment Keyword Spelling | Student assessment Keyword Quiz | Self/Peer assessment on set criteria | | Teacher Assesed | Self/Peer assessment on set criteria | |