

Curriculum Overview – Year 9 Food and Nutrition

Sequencing of topics	What knowledge will students develop? (Including key terminology)	What skills will students develop? (Including literacy & numeracy)	Assessment opportunities	Homework opportunities	Personal development (Ursuline Values, Catholic Social Teaching, Cultural Capital, Cross curricular, Careers)	Curriculum links
Scheme of Work (SoW repeated for second carousel) 18-week rotation						
Practical making and preparation skills	Knife skills – using a chef's knife- Julienne, batons, fine dice. A range of technical skills used to make mainly savoury dishes including pastry and pasta making, sauce making, breads and doughs.	Practical skills – using a knife, creating a range of mostly savoury foods	Evaluation of skills as dishes are produced	Self-reflection on process and outcome	Resilience and courageous – taking chances and trying new skills	Links to developing skills started in year 7 / 8
Food- Nutrition and Health	How and why food is cooked How health is affected by diet How dietary needs change through life	To understand the role that a healthy diet plays in wider health and wellbeing and how your diet changes with age	To reflect on own diet in relation to health	Comparison of own diet with healthy eating guidelines		Develops further understanding of healthy eating guidelines and how they are used to create a healthy diet
Food science	Protein coagulation and denaturation Gelatinisation of starch for sauces	To understand why proteins set when cooked To understand how starch can be used to thicken sauces	Applying the science to the making of different components for dishes i.e., cheese sauce, pasta, setting quiches	Evaluations of practical work relating back to the science behind the processes		Develops further knowledge from year 7/8 into functions of common ingredients

Food safety	Bacterial contamination and working with high-risk foods Basic food hygiene for food preparation Safe storage and cooking of foods	To be able to work safely and produce dishes that are safe to eat	Reflecting on own practice and seeking improvements	Evaluations which reflect on own practice		Reinforces knowledge of food safety covered in 7/8
Food choice	Food choices related to health, culture or ethics Vegan and vegetarian diets – protein	To understand the choices, we make regarding foods including those which are informed by religion, culture or wider society	Exam style questions relating to choices	Researching and designing ideas for vegan / vegetarian diets Adapting dishes for different food choices		Links to further study at GCSE which explores food choice and diet choices in more detail
Food Provenance	Intensive versus organic farming Fairtrade Food waste	Understand the sustainability of food and the effect that food production has on the environment To understand some simple ways that we can reduce the effect our choices have on the environment	Exam style questions related to the environment and food production	Research into different farming systems used to produce common commodities- milk, eggs, meat	Grateful and generous – stewardship of earth and planet	Links to further study at GCSE which explores farming and ethics in more detail