

## Year 9 – Food, Preparation and Nutrition

	What will I learn?	How will I learn it?	Why is it important I know this?	Why am I learning this now?
<b>Year 9 Half Term 1</b>	<p><u>Food spoilage</u></p> <p>You will begin the year revisiting health and safety within the Food room. This will ensure you remember key safety points whilst completing your practical lessons.</p> <p>You will begin to study food spoilage to understand the role it has within certain food dishes.</p> <p>Practical: Making bread</p> <p>Skills: Shaping Kneading Proving</p>	<p>There will be teacher demonstrations of how to make dishes. As these are more challenging than Year 7/8, this will help you to understand how to complete the dishes successfully.</p>	<p>Builds on learning learnt in years 7/8.</p>	<p>Focus helps with knowledge needed for GCSE.</p> <p>Practical skills ready for GCSE.</p> <p>Further skills and knowledge built on from Year 7.</p> <p>A range of both sweet and savoury recipes.</p> <p>Links with science through the scientific investigations – science in food.</p>
<b>Year 9 Half Term 2</b>	<p><u>Nutrition - Dairy</u></p> <p>During this half term you will learn the importance of dairy in the diet and possible substitutions alongside a range of skills through practical activities.</p>	<p>You will learn this through teacher demonstrations.</p>	<p>Understand the role of dairy in the diet and possible substitutions.</p>	<p>To understand the importance of dairy and alternatives as part of the diet.</p>

	<p>Practical: Tear and share dough</p> <p>Skills: Shaping Kneading Proving</p>			
<b>Year 9 Half Term 3</b>	<p><u>Raising Agents</u></p> <p>You will learn about the different raising agents and the roles that they play in the foods that we eat. This will help you to understand how they work in the food products that you will make.</p> <p>Practical: Victoria sponge Swiss roll</p>	<p>Develop knowledge and understanding of the functional properties and chemical processes through scientific investigations.</p>	<p>The theory of raising agents helps students to understand the role they have in dishes e.g. Victoria sponge and swiss roll.</p>	<p>This will help you to understand the different raising agents needed in a variety of foods</p>
<b>Year 9 Half Term 4</b>	<p><u>Different diets</u></p> <p>This half term is about different diets and how we can substitute different ingredients for others. We will look at the vegetarian diet.</p> <p>Practical: Vegetarian pasta bake</p>	<p>Being able to understand a variety of cultures and diets and their implications on nutrition.</p>	<p>Understand and explore a range of ingredients and processes from different culinary traditions (traditional British and international), to inspire new ideas or modify existing recipes.</p>	<p>For you to learn why it is important to be aware of the different diets that are available due to dietary needs.</p>
<b>Year 9 Half Term 5 and 6</b>	<p><u>Summer dishes</u></p> <p>This half term is based on your practical skills. You will complete a range of practicals.</p>	<p>You will learn a range of different dishes with a summer theme.</p>	<p>There will be a lot of skill involved in the practicals this half term which are important to learn especially for those choosing Food as a GCSE option choice.</p>	<p>You are learning these summer dishes now to understand the different components e.g. pastry, chopping skills needed as part of a range of dishes.</p>

	<p>Practical: Cookies Fajitas Muffin tin croquettes Chicken goujons Tasty tartlets (pastry)</p> <p>Skills: Pastry making Shaping Cross contamination Bridge and claw Simmering Reduction of sauce</p>			
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