

Y9 ROADMAP – FOOD PREPARATION & NUTRITION

Subject Aim: Year 9 food preparation and nutrition aims to consolidate and extend your skills from years 7 and 8. You will deepen your knowledge of food science and will be given more autonomy to develop your own dishes in response to a brief.

TERM 1

Why do we cook food?

Why is it important that we cook food? In this unit you will learn about the science of cooking food, and explore what happens to ingredients when you use different methods.

TERM 2

What is a cuisine?

In this project you will explore what is meant by cuisine. We will explore what is meant by British cuisine, and learn how to make a traditional afternoon tea favourite. You will develop your investigation skills as you research foods from different cultures, selecting your own to make.

TERM 3

How do you plan and prepare in response to a brief?

Part of food, preparation and nutrition is working to a brief. This unit introduces you Italian cuisine. You will learn how to make your own fresh pasta dough, before researching your own suitable dishes. In this unit you will learn how to time plan for your own independent practical, as well costing and creating a nutritional profile and sensory analysis.



ASSESSMENT

- In Food preparation and nutrition you will be assessed on 4 main areas; knowledge, food science, evaluation and your practical cooking skills.
- Preparing a range of dishes is a large part of the subject and you will be assessed on how you are able to plan and organise yourself when cooking, as well how you can use a range of equipment.
- During your lessons your teachers will assess your knowledge and understanding in a range of ways including retrieval tasks and '5 a day' quizzes..
- For each unit you will have an assessment which covers the key knowledge within each project as well as some longer questions where you can apply your understanding.



INDEPENDENT LEARNING

- Knowledge Organisers are expected to be used weekly to support the learning and recap of key vocabulary as the course progresses.
- You will be expected to bring in your ingredients for all planned food practical lessons.
- There will be various independent learning challenges set each half-term which will allow you to develop your subject specialist skills as well as knowledge and understanding.



ENRICHMENT

What Next? The knowledge and skills you have developed during key stage 3 food preparation and nutrition will enable you to live a healthy lifestyle throughout your lives. If you have enjoyed this subject you may wish to study it for GCSE.