

## FOOD & NUTRITION Year 9 Curriculum Overview

<b>What is the Year 9 Food and Nutrition curriculum aiming to achieve?</b>		
What do we want our Year 9 Food students to be like?	How are we building on prior learning?	How can parents/carers support their child's learning?
<ul style="list-style-type: none"> <li>To consistently follow high standards of hygiene and safety standards</li> <li>To be independent, confident and resourceful cooks.</li> <li>To understand the requirements of a healthy diet and the implications of poor dietary choices.</li> <li>To understand social environmental and moral choices of food choice.</li> </ul>	<ul style="list-style-type: none"> <li>Enhancing food hygiene practices through greater awareness of food safety risks.</li> <li>Developing skills through advanced making techniques.</li> <li>Introducing advanced equipment food processor, deep fat fryer.</li> </ul>	<ul style="list-style-type: none"> <li>Include children in advanced food preparation tasks.</li> <li>Ensure child knows how to wash up a range of heavily soiled items by hand.</li> <li>Look out for cookery programmes on TV channels.</li> <li>Gain awareness of pricing and sensible shopping habits.</li> </ul>

<b>How are we organising the Year 9 Food and Nutrition curriculum?</b>						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Topics</b>	Food hygiene Temperature control Food allergies & allergens Dietary needs of different ages. Food intolerances		Food labelling Traffic light labelling and its use to make informed choices.		Function of ingredients Use a range of different fats.	
<b>Threshold Concepts</b>	Understanding and applying use of temperature controls to prevent food poisoning. Identify different allergens and intolerances & the impact upon the diet.		Develop understanding of traffic light labelling to inform consumers of food content. Cultural influences in food. Nutritional analysis		How to choose the correct type of fat /carbohydrates- function and dietary value. Sensory analysis. How to make informed decisions based on costings/time.	
<b>Skills</b>	Use of temperature probes to prevent food poisoning. Bain-marie, use of the hob, simmering, use of the oven.		Identify key features of a food label Identify key features behind food choice in different cultures. Flavour development to create an authentic curry.		Conducting food based experiments Hypothesises, Analysis and evaluation. How to compare products based on sensory testing and costings.	
<b>Enrichment within the curriculum</b>	Students can attend an after school cookery club where they will have the opportunity to conduct experiments with a range of ingredients.					
<b>Cross curricular links</b>	<ul style="list-style-type: none"> <li>Science-Use of experiments to test performance and compare a range of ingredients.</li> <li>ICT- Use of nutritional programmes to produce food labels.</li> <li>Maths- Calculating, weighing and measuring, templates.</li> <li>Geography-multi-cultural recipes, cultivation and export of spices.</li> </ul>					
<b>Extra-curricular opportunities</b>	Students will be encouraged to explore the local community to identify local crops and foodstuffs. They will be encouraged to speak to older relatives and friends to find out more about traditional recipes and eating habits. Students will be encouraged to enhance knowledge of food and nutrition through watching television/radio/online programmes, reading information in national press.					

<b>What are the intended outcomes of the Year 9 Food and Nutrition curriculum?</b>						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Opportunities to show progress (Assessments)</b>	Assessment on basic food hygiene, allergens and dietary needs. Practical assessment		Assessment of basic consumer food labelling and nutritional analysis. Practical assessment		Knowledge assessment - function of ingredients. Practical assessment	
<b>Impact on personal development (SMSC)</b>	Students are encouraged to work independently and to take responsibility for the safe and hygienic preparation of a range of foods. They are required to follow high standards of personal and workplace hygiene. Students know the implications of the choice of diet they make on their health and future well-being. Students are encouraged to consider the implications of the choices they make on the environment.					
<b>Preparation for the next stage of education</b>	Extending practical skills and enhancing subject knowledge in KS3 to support those students who choose to develop their learning to GCSE Food and Nutrition in order to give them a strong foundation on which to start the next stage of their learning journey. Students completing this KS3 course will be confident cooks with a good knowledge of nutrition.					