

Curriculum Map: Year 9 Food Preparation and Nutrition



	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Topic	Sweet baked products	Baked products	Breads around the world	We are what we eat	We are what we eat	We are what we eat
Intent	To develop K&U of cake making methods and the science behind them	Understand wider properties and function of eggs, and ingredients used in breadmaking		Develop K&U of macronutrients and sources in the diet and be able to cook a range of balanced dishes around the sources	Develop K&U of micronutrients and sources and how recipes can be adapted to include them	Use K&U of nutrition to plan and make foods suitable for a teenager
Key Knowledge	Food Science function of ingredients Raising agents Application of scientific knowledge. Carrying out scientific investigation Recording and analysing results	Food Science Properties of eggs function of ingredients in breads and the science behind their use Application of scientific knowledge. Plan own scientific investigation Record and analyse results	Food provenance Cultural awareness of where different bread originates Cereal used for bread and geographical reasons why	Food safety Embed food safety principles, incl key temperature and effect of poor food safety Storing and handling raw and cooked meat Nutrition Deeper learning of the macronutrients	Food safety Embed food safety principles, Storing and handling raw and cooked meat Nutrition new learning on micronutrients names, function sources application of knowledge to case studies	Food safety apply food safety rules storing and handling meat Nutrition applying K&U to adapt recipes to meet needs of teenagers
Key Skills	Cooking Embed routines for cooking. Develop cake making skills production creaming, rubbing in, melting method	Cooking Whisking method Breadmaking process – kneading, proving	Cooking Breadmaking process Adapting recipes	Cooking Embed routines for cooking. Develop practical skills production of savoury dishes Preparation and cooking of meat Sensory testing	Cooking Embed routines for cooking. Develop practical skills production of savoury dishes Preparation and cooking of meat Sensory testing	Cooking plan 2 x 1 hr practicals producing a time plan and chart to record sensory testing working to a time plan showing those skills to a high standard cooking independently

Key Vocabulary	Whisking, Creaming, Melting, Rubbing in, Function, Raising agent, Star profiles.	Hypothesis, Star profile, Analyse, Evaluate, Star profiles, modify	Food provenance, cultural, geographical, adapt	Macronutrient, Protein, Carbohydrate, Fat Function, Source, Excess, Deficiency	Micronutrient, Vitamins Minerals, Function Source, Excess, Deficiency, Adapt, fortification	Dietary need, Plan Dovetail, Analyse, Evaluate, Star profiles
Key Reading	About Food - a fact of life - Food A Fact Of Life	About Food - a fact of life - Food A Fact Of Life	About Food - a fact of life - Food A Fact Of Life	About Food - a fact of life - Food A Fact Of Life	About Food - a fact of life - Food A Fact Of Life	About Food - a fact of life - Food A Fact Of Life
End Point	Students know and carry out the main methods of cake making Can carry out structured investigations on the function of ingredients	Students know the breadmaking process Carry out and write up on an investigation	Students understand breads around world are made from different cereals through their research and can adapt recipes	Skill development and competence is evident on tracker in work booklet	Skill development and competence is evident on tracker in work booklet	Students understand the dietary needs of teenagers Students can demonstrate planning through production of time plans
Form of Assessment	Exam Questions Assessed practical skills	Independent science investigation Exam question on raising agents	Assessed practical Adapting recipe question	Pre knowledge test using exam question	Post knowledge exam style question	Assessed practical
Enrichment Opportunities	External speaker regarding career pathways					
Leadership Opportunities	Opportunities for group work, student to student modelling and support in practical lessons					