

SUNNYDOWN SCHOOL

FOOD & NUTRITION CURRICULUM PLAN



Subject	Food & Nutrition	Year group	Y9
Subject Intent	<p>Food & Nutrition is a creative and practical subject that has a strong focus on preparing, making and presenting various food products. Through a variety of creative and practical topics, students are taught the knowledge, understanding and skills needed to engage in the process of following recipe instructions when preparing and making dishes. We build students' technical knowledge, ability to develop ideas, understanding of healthy eating and how dishes can be adapted to make them healthier, where food comes from, special diets, staple foods, international cooking and practical skills, as well as developing evaluative and reflective qualities. By the end of Year 9 students will have gained experience of working with a number of different ingredients to make healthy meals and will learn how to work more independently and with confidence in our specialist kitchen area. This will provide a strong foundation for advancing into KS4.</p>		

Term	Topic	Core learning	Key concepts	Sequencing
Autumn 1	<p>Light lunches</p> <p>The Eatwell Guide and our diets</p>	<p>Technical knowledge: Understanding what macro and micronutrients do for the body and healthy eating guidelines. Health and safety when using raw meat.</p> <p>Practical Skills: Health and safety in the kitchen, claw grip, bridge grip, boiling, simmering, blending, boiling, simmering, mixing, rolling, shaping, dividing evenly and dry frying.</p> <p>Idea Development: Flavour and recipe development, there will be the opportunity to design and make alternative flavoured and shaped flatbreads using a variety of ingredients.</p> <p>Evaluation: Develop food vocabulary by tasting and visually analysing their own work and the work of their peers, giving constructive, respectful and positive feedback (Fundamental British Values).</p>	<ul style="list-style-type: none"> ● Nutritional value ● Eatwell Guide ● Carbohydrates ● Protein ● Fats ● Dairy ● Saturated fats ● Unsaturated fats ● Macronutrients ● Micronutrients ● Claw grip ● Bridge grip ● Liquidising ● Boiling ● Simmering ● Dry frying ● Analyse ● Evaluate 	<p>Building on..... Students will develop their understanding of the principles of nutrition which they have a knowledge of from Food lessons in Year 7 and 8 and will advance their understanding of macro and micronutrients.</p> <p>Building towards... Students will make progress with their knife skills, understanding different cooking techniques and have a greater understanding of healthy choices, which will help them create more complex dishes later on.</p>

			<ul style="list-style-type: none"> ● Compare ● Contrast 	
Autumn 2	<p>Pastry and Christmas treats</p> <p>Understanding where food comes from</p>	<p>Technical knowledge: Understanding primary and secondary processing around the production of food products.</p> <p>Practical Skills: Health and safety in the kitchen, creaming, rubbing in, shaping, rolling, presentation, mixing, cutting out, dividing evenly, baking and decorating.</p> <p>Idea Development: Flavour and design development with the opportunity to design and make alternative shaped shortbread and design and decorate a special occasion cake.</p> <p>Evaluation: Develop food vocabulary by tasting and visually analysing their own work and the work of their peers, giving constructive, respectful and positive feedback (Fundamental British Values).</p>	<ul style="list-style-type: none"> ● Animal sources ● Plant sources ● Primary processing ● Secondary processing ● Crops ● Harvesting ● Food miles ● Rolling ● Mixing ● Shaping ● Planning ● Decorating ● Presentation ● Baking ● Analyse ● Evaluate ● Compare ● Contrast 	<p>Building on..... Students will progress their decorating and presentation skills. The knowledge gained in year 8 of factors that influence food choice will also be drawn upon when looking at where food comes from and primary and secondary processing.</p> <p>Building towards... The students will gain some basic knowledge of food processing which will help them to understand some of the influences on food production and the economic, environmental and socio-cultural influences that must be considered.</p>
Spring 1	<p>Special diets</p> <p>Fats and the effect on our health</p>	<p>Technical knowledge: Understanding alternative diets, why and when and the effect on health.</p> <p>Practical Skills: Health and safety in the kitchen, all in one technique, mixing, whisking, aerating, melting, dividing evenly, baking and presentation.</p> <p>Idea Development: Flavour and recipe development with the opportunity to make adaptations to some low-fat dishes by using alternative fruit options.</p> <p>Evaluation: Develop food vocabulary by tasting and visually analysing their own work and the work of their peers, giving constructive, respectful and positive feedback (Fundamental British Values).</p>	<ul style="list-style-type: none"> ● Saturated fat ● Unsaturated fat ● Low fat ● Fat less ● Diabetes ● High blood pressure ● Coronary heart disease ● Special diets ● Ethics ● Culture ● Morals ● All in one technique ● Aeration ● Adaptations ● Analyse 	<p>Building on..... Knowledge of the Eatwell Guide. Diet and Good Health, understanding how to look after ourselves and make adaptations to support others.</p> <p>Building towards... Building on knowledge of food choices and understanding others moral and ethical beliefs. Development of empathy and respect of other cultures' different experiences, beliefs and values.</p>

			<ul style="list-style-type: none"> ● Evaluate ● Compare ● Contrast 	
Spring 2	<p>The rubbing in technique</p> <p>Homemade or shop bought options</p>	<p>Technical knowledge: Understanding the factors that influence our choices between shop bought and homemade food.</p> <p>Practical Skills: Health and safety in the kitchen, rubbing in, mixing, grating, rolling, shaping, trimming, dividing evenly and baking.</p> <p>Idea Development: Flavour and recipe development with the opportunity to make adaptations to some dessert dishes by using a variety of fruit options.</p> <p>Evaluation: Develop food vocabulary by tasting and visually analysing their own work and the work of their peers, giving constructive, respectful and positive feedback (Fundamental British Values).</p>	<ul style="list-style-type: none"> ● Food choices ● Appearance ● Cost ● Time ● Sensory tests ● Paired comparisons ● Nutrition ● Additives ● Lifestyle ● Health ● Presentation ● Analyse ● Evaluate ● Compare ● Contrast 	<p>Building on..... Knowledge of the process's food products go through and the additives used to preserve them. A more in depth understanding of the influences on our food choices.</p> <p>Building towards... Deepening our knowledge of food choices and their effect on our health. A greater awareness of factors that must be considered when making these choices.</p>
Summer 1	<p>Protein and carbohydrates</p> <p>Cooking methods</p>	<p>Technical knowledge: Understanding the jobs of carbohydrates and protein for our health and the impact of alternative cooking methods on our food.</p> <p>Practical Skills: Health and safety in the kitchen, coating, steaming, boiling, roasting, baking, stirring, mixing, grating, frying and presentation.</p> <p>Idea Development: Flavour and recipe development with the opportunity to use alternative seasoning and ingredients in a variety of dishes.</p> <p>Evaluation: Develop food vocabulary by tasting and visually analysing their own work and the work of their peers, giving constructive, respectful and positive feedback (Fundamental British Values).</p>	<ul style="list-style-type: none"> ● Carbohydrates ● Protein ● Macronutrients ● Micronutrients ● Cooking methods ● Coating ● Al Dente ● Savoury ● Healthy options ● Adaptations ● Seasoning ● Presentation ● Analyse ● Evaluate ● Compare ● Contrast 	<p>Building on..... Students will make progress with their practical skills, understanding different cooking techniques which will help them create more complex dishes later on.</p> <p>Building towards... A greater awareness of taste, texture and smell to decide how to season dishes, combine ingredients and adapt recipes when creating more complex dishes.</p>

<p>Summer 2</p>	<p>International cooking methods, cultures and festivals</p>	<p>Technical knowledge: Understanding different cultures' cooking methods. Safe use of equipment and utensils.</p> <p>Practical Skills: Health and safety in the kitchen, peeling, chopping, frying, marinating, grilling, simmering, boiling, wrapping and presentation.</p> <p>Idea Development: Flavour and recipe development with the opportunity to use alternative seasoning and ingredients in a variety of international dishes.</p> <p>Evaluation: Develop food vocabulary by tasting and visually analysing their own work and the work of their peers, giving constructive, respectful and positive feedback (Fundamental British Values).</p>	<ul style="list-style-type: none"> ● International cuisine ● Cultures ● Festivals ● Curry ● Noodles ● Adaptations ● Wrapping ● Spice ● Seasoning ● Marinating ● Presentation ● Analyse ● Evaluate ● Compare ● Contrast 	<p>Building on..... Advancing students fine motor skills when using knives and utensils. Development of empathy and respect of other cultures' different experiences, beliefs and values.</p> <p>Building towards... Knowledge of how to cook and follow a healthy balanced diet, to enable students to feed themselves now and in later life. The knowledge and experience gained will also enable them to progress to KS4 Food & Nutrition.</p>
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