

Food Preparation and Nutrition

Year 9

Learning Objectives

Students will learn about:

- Different types of bacteria
- Micro Organisms, conditions for growth
- Fibre and Water
- Planning recipes
- Energy balance

In practical lessons, students will develop skills learnt in year 7. They will use the microwave, gas hob, grill and oven. They will have the opportunity to improve knife skills, preparation of food, cleaning and tidying equipment and how to cook the following recipes:

- Vegetable crumble
- Burgers
- Quesadilla
- Chicken Chow main
- Key Lime Pie
- Sausage rolls
- Pineapple cake
- Pizza
- Chicken Fajitas
- Chocolate muffins

What previous knowledge is required?

Students will have gained skills and knowledge in the year 7 and 8. Experience will still be varied depending on personal circumstances and the exposure children get to cooking and nutrition at home. The aim is to further develop students' practical knowledge and their understanding of nutrition by the end of this rotation.

How will this term's content help with future learning?

Theory content and practical skills will help advise the learning in the KS4 curriculum. It will support with both Non-Exam Assessments and the examination content.

Common Misconceptions

Timings of cooking are always difficult for students, and they often need validation their food is cooked. Students will develop understanding of their final products through practice and experience.

National Curriculum / Specification

- understand and apply the principles of nutrition and health
- cook a repertoire of predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet
- become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes]
- understand the source, seasonality and characteristics of a broad range of ingredients