



# Year 9 Options

## Food Preparation and Nutrition



# Year 9 Options | Welcome

## Why choose Food Preparation and Nutrition?

Being able to cook is a life skill that everyone should learn. Having the ability to cook gives you more choice, variety and control over the foods you consume (eat). It also allows you to be independent so you are more able to look after yourself (and others) as you get older and think about leaving home for a fantastic job opportunity or go to University. Home cooking is also much cheaper than constantly buying takeaways and a lot healthier. Cooking will build your confidence going into adulthood, can be very therapeutic (mindfulness) and satisfying. There are also many jobs available within the food industry for school leavers whilst studying in college/university.



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# Year 9 Options | Course content

## What will I learn in year 10?

During year 10 you will learn:

- Food Provenance (Where foods come from (grown, reared and caught))
- Food sustainability, traceability and waste
- The functional properties of food groups
- Digestion and energy balance
- Technology and food



[Click Here for Year 9 Page for detailed information](#)

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# Year 9 Options | Assessment

## How will I be assessed?

### Yr 10:

Through end of term testing and RAG of practical dishes

### Yr 11

2 x pieces of coursework

1 x Exam at the end of the year (june)

### Exam Board:

EDUQAS Food Preparation and Nutrition

[Click Here for Year 9 Page  
for detailed information](#)

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# Year 9 Options | Other info ...

## Are lessons taught the same as in year 9?

Yes. We will have separate theory and practical (cooking) lessons. So it will be one lesson of theory then one lesson of cooking.

## What will I cook?

We will be cooking lots of different dishes in order to ensure we cover a wide array of technical skills. We will be cooking tasty dishes such as:

### Jerk Chicken



**Skills:** Weighing, using electrical equipment, slicing & dicing, marinating, frying, baking, boiling, sauce making

### Tagliatele & Meatballs



**Skills:** knife skills, frying, simmering, using the hob, combining, simmering, sauce making, portioning, forming/shaping.

### Profiteroles



**Skills:** Weighing, sieving, whisking, creaming, folding, portioning, piping, baking, melting, spreading, garnishing, filling.

Plus many more, so come along. (Vegetarian options available)



# Where can this Subject lead to?

Well there are many roles within the food industry such as:

Food Scientist

Dietitian

Manufacturer

Food Taster

New Ingredient purchaser

New product design

Chef

Restaurant Manager



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