

YEAR 9 FOOD 2



Content / Topic

Week 1

Nutrients
Balanced diet
Eatwell Guide
Nutrient needs of different groups.

Knowledge Organiser
Learn the sensory words that describe Appearance

Content / Topic

Week 2

Practical:- Bread

Knowledge Organiser
Learn the sensory words that describe Aroma.

Content / Topic

Week 3

Practical:- Chicken Stew

Knowledge Organiser
Learn the sensory words that describes Flavour.

Content / Topic

Week 4

Practical:- Quiche

Knowledge Organiser
Learn the sensory words that describes Texture.

Content / Topic

Week 5

Practical:-Lemon Meringue Pie

Knowledge Organiser
Learn the definition of Energy Balance

Content / Topic

Week 6

Theory:- Designing and Afternoon Tea

Knowledge Organiser
Learn the low, medium, high and per portion amounts of Fat and Saturated Fat per 100g of a food label.

Content / Topic

Week 7

Practical:-Afternoon Tea Practical

Knowledge Organiser
Learn the low, medium, high and per portion amounts of Salt and Sugar per 100g of a food label.

Content / Topic

Week 8

Practical :- Paella

Knowledge Organiser
Food Label what do the colours mean on a food label?

Content / Topic

Week 9

Theory:-Product Evaluation

Peer assessment and self assessment .

Assessment

Assessment



Skills

The Eatwell Guide
Deficiency and Excess

Skills

Work safely in the kitchen.
Hand washing.
Safe use of knife.
Kneading, Shaping
Forming, Baking.
Preparation of commodities
Weighing and Measuring

Skills

Safe use of knife
Bridge and claw
Preparation of Commodities.
Simmer.
Bridge and Claw
Slice and Peel
Jointing.
Weighing and Measuring

Skills

Rubbing in method
Rolling and shaping
Grating
Beating
Bridge and Claw
Blind Baking
Baking
Using an ingredient as a setting agent.
Hygiene and safety
Weighing and Measuring

Skills

Rubbing in method
Rolling and shaping
Grating
Beating
Bridge and Claw
Blind Baking
Baking
Using an ingredient as a setting agent.
Whisking
Gelatinisation
Use of the hob.
Hygiene and safety.

Skills

Product Analysis
Sensory Analysis
Adapt a Recipe
Research
Nutrients
Independent work

Skills

Use of all skills and knowledge gain so far.
Use of the cooker
Preparation techniques for commodities.
Bridge and claw method
Weighing and Measuring

Skills

Use of the hob
Simmering
Preparation of vegetables
Weighing and measuring
Preparation of commodities
Weighing and Measuring

Skills

Peer Evaluation
Self/peer assessment