

YEAR 9 FOOD 1



Content / Topic Week 1
Nutrients
Balanced diet
Eatwell Guide
Nutrient needs of different groups.

Knowledge Organiser
Micronutrients Vitamins- function source and effect of deficiency

Content / Topic Week 2
Practical:- Curry

Knowledge Organiser
Micronutrients
Minerals- function source and effect of deficiency

Content / Topic Week 3
Practical:- Egg Fried Rice

Knowledge Organiser
Macronutrients- Carbohydrate- functions source and effect of deficiency

Content / Topic Week 4
Practical:- Sweet and Sour

Knowledge Organiser
Portion control and The Eatwell Guide definition

Content / Topic Week 5
Practical- Lasagne

Knowledge Organiser
8 Tips for Healthy Eating

Content / Topic Week 6
Theory:- Designing dish for a food establishment.

Knowledge Organiser
Function of Fruit and Vegetables Group and Starchy Food Group in the The Eatwell Guide

Content / Topic Week 7
Practical: Own dish design

Knowledge Organiser
Function of Fatty and Sugary Food Group, Beans Pulses Eggs Meat and Fish Group in the eatwell guide.

Content / Topic Week 8
Practical :- Chilli with Chocolate

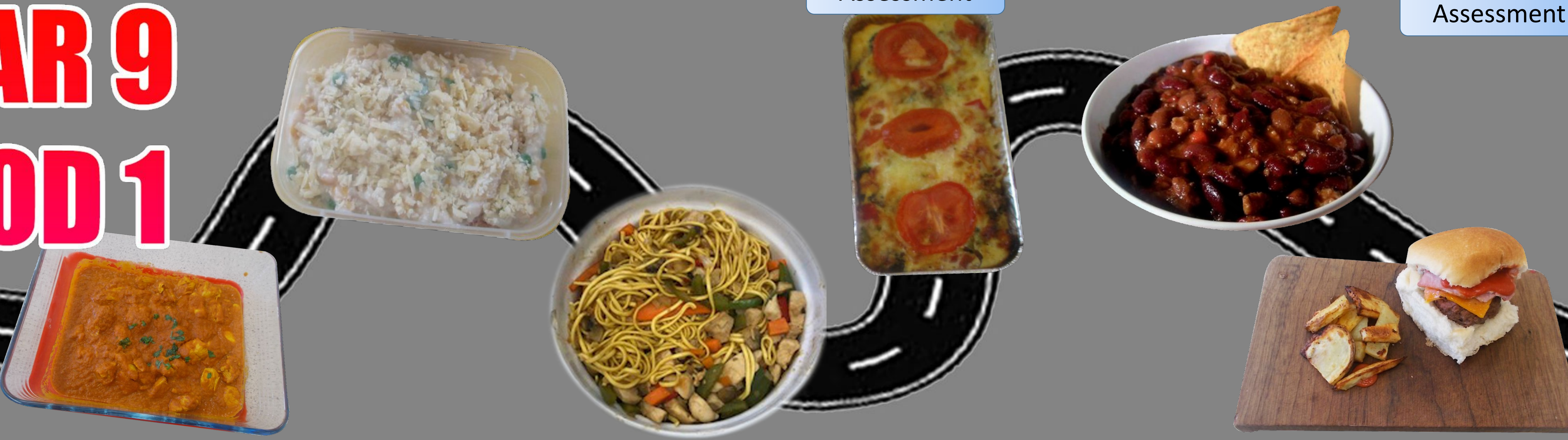
Knowledge Organiser
Function of Fats, Oils and Spreads Group and Dairy Food Group in the Eatwell Guide.

Content / Topic Week 9
Theory:-Product Evaluation

Peer and Self Assessment.

Assessment

Assessment



Skills
Nutrients and their function
The Eatwell Guide
Deficiency and excess of Macronutrients and Micronutrients.

Skills
Work safely in the kitchen.
Hand washing.
Safe use of knife.
Bridge and claw.
Simmering,
Preparation of a commodity
Weighing and Measuring

Skills
Safe use of knife
bridge and claw
Mixing
Simmering
Stir Frying
Presentation
Weighing and Measuring

Skills
Marinating
Cutting of vegetables
Preparation of a commodity
Weighing and Measuring

Skills
All in one method.
Pan fry
Simmer
Making of a Ragu
Cooking a commodity
Boil and simmer
Use of hob
Weighing and Measuring

Skills
Product Analysis
Sensory Analysis
Adapt a Recipe
Research of different food establishments
Demonstrating and understanding of the Eatwell Guide and Nutrients

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

Skills
Preparation of commodities.
Use of the hob
Boiling
Simmering
Presentation
Weighing and Measuring

Skills
Evaluation
Self/peer assessment.

Week 1 Week 2 Week 3 Week 4 Week 5 Week 6 Week 7 Week 8 Week 9

CHICKEN CURRY, EGG FRIED RICE, SWEET & SOUR NOODLES, LASAGNE, CHILLI, OWN DESIGN -Order of making may change each rotation.