

Year 9 Food Preparation and Nutrition

Year 9 Food Preparation and Nutrition is a practical and creative course which through a variety of creative and practical activities students are taught the knowledge, understanding and skills needed to engage in a process of designing and making. Students are given the opportunity to develop and practise a wide range of skills, along with demonstrating a greater understanding of nutrition when developing recipes that are nutritionally balanced for teenagers in a range of contexts.

Students also begin looking at food science through an investigation task, preparing students for their GCSE Non Examination Assessment (NEA).

Methods of deepening and securing knowledge:	
Retrieval practice	Students use retrieval of previous processes, rules, routines and knowledge of ingredients to develop, plan and make recipes. They may use tools and equipment used in previous years, which also ensures students retrieve information learned in Year 7 and 8. Retrieval practice is also evident in the use of starter and plenary activities, such as low-stake quizzes relating to prior knowledge.
Elaboration	Students may design products for family members or use real-life clients. Students will also have to elaborate on recipes and give evidence linking with clients and research to justify their reasoning in selecting ingredients.
Concrete examples	Concrete examples are given through teacher demonstrations of preparing and making food products.

	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Topic(s)	Nutritional needs through life stages - Recap essential skills of preparing and cooking - Students plan, prepare and cook healthy street food dishes for a teenager. - Focus on students explaining how dishes provide necessary energy and nutrients to meet dietary reference values for different groups of people. Food Choice - Students focus on modifying and making recipes to suit various factors that could influence food choice. - Students learn the importance of selecting dishes, recipes which provide		Food Science investigation (Mini NEA1) - Identify functions and uses of the main ingredient made in cake making - Focus of the science of aeration and what makes a cake rise	Food Provenance Students identify and explain environmental issues associated with food. Students investigate guidance available to consumers regarding food labelling and traceability.	Food preparation and Cooking Assessment: Foods for festivals or sporting events (Mini NEA 2) - Analysis of the task - Identify a cuisine - Research - Planning, including ingredients stages of production and hygiene and safety checks - Making - Create an information guide for the consumer, including nutritional profile, allergens information and environmental issues	

	necessary energy and nutrients to meet a range of ages.			
Assessment	- Assessment of planning, making and evaluating	- Assessment of investigation task		Research, testing and analysing skills Quality of final outcome
CEIAG (<i>Careers that are linked to that topic</i>)	Dietitian	Food Scientist		

Homework:
Students are set homework which directly relates to each topic area, this can include researching and investigating, and completing sensory evaluations of products made during lessons. Students are also required to listen and complete questions on GCSE Pod.