







## Curriculum Overview for Food Preparation and Nutrition

### Year 9

<p><b>Term 3: Food around the world (Italy)</b></p> <p><b>Substantive Knowledge:</b></p> <ul style="list-style-type: none"> <li>• <b>Kitchen Safety, Rules, and Procedures</b></li> <li>• Understanding the importance of health and safety in the kitchen, including personal hygiene (e.g., tying hair back, washing hands).</li> <li>• Following safety protocols to avoid accidents (e.g., proper storage of flammable items, using equipment correctly).</li> <li>• Identifying and adhering to rules like waste disposal practices and washing up correctly.</li> <li>• <b>Practical Cooking Techniques</b></li> <li>• Mastering essential knife skills, including bridge and claw grips, and understanding their importance for precision and safety.</li> <li>• Learning how to knead dough effectively for bread-making, understanding how kneading impacts gluten development.</li> <li>• Stirring risotto properly to ensure even cooking and achieving the desired consistency.</li> <li>• Handling cookers safely, including recognizing signs that food (e.g., minced meat) is properly cooked.</li> <li>• <b>Food Science Concepts</b></li> <li>• Understanding raising agents (e.g., baking powder, yeast, whisking) and how they contribute to texture, structure, and rise in baked goods.</li> <li>• Exploring the traffic light nutrition system and how it communicates fat, sugar, and salt content.</li> </ul>		<p>Teachers lead by example. Teachers read from the board but will also encourage pupils to read aloud to the class.</p> <p>Syllabification of key words.</p> <p>Pupils will analyse a variety of text sources.</p>
		<p>Hygiene</p> <p>Weighing and Measuring</p> <p>Cross Contamination</p> <p>Equipment names</p> <p>Health and Safety</p> <p>Enzymic Browning</p> <p>Bridge and Claw</p> <p>Eatwell guide and Nutrition</p>
		<p>Assessment at the end of the unit made up of short answer and long answer questions. Collect scores from formative assessments in the classroom – multiple choice questions, low stakes.</p> <p>Completion of an extended piece of writing throughout the unit.</p>
		<p>Homework booklet with tasks every week</p>



- Recognizing allergens, understanding their impact, and identifying them on food labels to ensure safety for diverse dietary needs.
- **Food Culture and Choices**
- Investigating Italian cuisine, including its ingredients, dishes (e.g., pizza, risotto), and techniques (e.g., al dente pasta).
- Exploring how cultural, ethical, and personal preferences influence food choices (e.g., vegetarianism, convenience vs. home cooking).
- Learning about dietary requirements and their implications for meal planning and food preparation.
- **Evaluation and Sensory Analysis**
- Using sensory descriptors to evaluate and describe food (e.g., texture, flavor, appearance) instead of vague terms like “nice” or “tasty.”
- Conducting preference tests and justifying choices based on sensory evaluation results.
- Evaluating the nutritional and sensory qualities of ready meals compared to home-cooked alternatives.
- Self-assessing practical dishes based on lesson success criteria to identify areas for improvement.

#### **Disciplinary Knowledge:**

- **Health and Safety:** Mastery of hygiene and safety protocols, proper equipment use.
- **Cooking Techniques:** Proficiency in basic and advanced cooking methods, ingredient handling.
- **Recipe Execution:** Accuracy in following recipes, consistent preparation standards.



<ul style="list-style-type: none"><li>• <b>Sensory Analysis:</b> Conducting and articulating sensory evaluations.</li><li>• <b>Nutrition:</b> Applying principles of the Eatwell Guide, understanding nutritional benefits.</li><li>• <b>Evaluation:</b> Critical self-assessment, peer feedback, continuous improvement.</li><li>• <b>Research:</b> Conducting culinary research, investigating food properties.</li><li>• <b>Presentation:</b> Creative design, effective visual presentations.</li><li>• <b>Organization:</b> Planning and managing cooking projects.</li><li>• <b>Collaboration:</b> Effective teamwork and communication.</li><li>• <b>Assessment:</b> Ongoing assessment and tracking of progress.</li></ul>		
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