
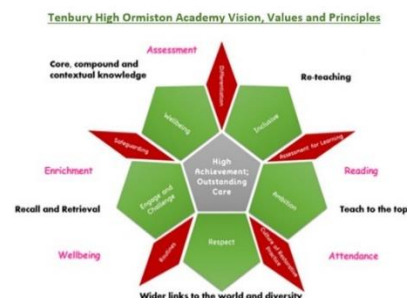






Curriculum Overview for Food Preparation and Nutrition Year 9

<p>Term 3: Food around the world (Italy)</p> <p>Substantive Knowledge:</p> <p>Nutrition and Health</p> <ul style="list-style-type: none"> • Role of macro and micronutrients in the body • Balanced diet and effects of nutritional imbalances • Understanding food labels and traffic light systems • Nutritional needs across life stages • How nutrition affects health outcomes 	 <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>Food Science</p> <ul style="list-style-type: none"> • Scientific principles behind cooking methods • How different ingredients behave (e.g., flour + fat = short texture) • Functions of ingredients in recipes • Chemical and physical changes during cooking <p>Food Safety and Hygiene</p> <ul style="list-style-type: none"> • Importance of hygiene in food prep • Identifying food poisoning risks and how to prevent them • Safe use and storage of ingredients and equipment • Procedures for safe practical work <p>Food Choice</p> <ul style="list-style-type: none"> • Why people eat what they eat (cultural, social, ethical) • Impact of religion and culture on food choices • Health and environmental influences • Dietary adaptations for allergies, intolerances, and ethics <p>Cooking and Preparation</p> <ul style="list-style-type: none"> • Accurate use of basic and intermediate cooking techniques • Adapting recipes and cooking methods for different ingredients 	 <p>Nutrients Macronutrients Micronutrients Protein Carbohydrates (Simple/Complex) Fats (Saturated/Unsaturated) Vitamins (A, B, C, D, E, K) Minerals (Iron, Calcium, Sodium, Potassium) Fibre Water Eatwell Guide Dietary reference values (DRVs) Glycaemic Index (GI) Deficiency Obesity Malnutrition Allergies Intolerances Denaturation Coagulation Gelatinisation Dextrinisation Caramelisation Enzymic browning Aeration Shortening Gluten Maillard reaction Raising agents (chemical, biological, mechanical) Cross contamination Personal hygiene Bacteria High-risk foods Danger zone Cleaning Cooking temperatures</p>



<ul style="list-style-type: none"> Timing, organisation, and cleanliness in the kitchen <p>Disciplinary Knowledge:</p> <ul style="list-style-type: none"> Practical Skills – Safe, independent use of equipment and techniques Sensory Analysis – Evaluating texture, taste, aroma, and appearance Nutrition Analysis – Evaluating meals and recipes for nutritional content Food Science Investigation – Conducting simple experiments with variables Research and Enquiry – Investigating food issues using data and sources Evaluation and Reflection – Judging quality, giving feedback, self-assessing Presentation and Plating – Creatively presenting dishes Recipe Adaptation – Substituting ingredients 		<p>HACCP (simplified at KS3) Religious food laws (Halal, Kosher, Vegetarian) Ethical issues (Animal welfare, Fairtrade, Organic) Environmental issues (Food miles, Carbon footprint) Seasonality Cost Culture Sustainability</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. Completion of an extended piece of writing throughout the unit.</p>
		<p>Homework booklet with tasks every week</p>