





Curriculum Overview for Food Preparation and Nutrition Year 9

<u>Term 1: Food around the world (Greece)</u>		
<p><u>Substantive Knowledge</u></p> <p>Health and safety rules keep us safe in the kitchen.</p> <ul style="list-style-type: none"> • Kitchen equipment must be used correctly and safely. • Presentation improves the appeal of food. • Sensory analysis helps us describe and judge food. • Knife skills (Bridge and Claw) ensure accuracy and safety. • The Eatwell Guide shows how to achieve a balanced diet. • Different cooking methods affect the taste, texture, and nutrition of food. • Bread-making uses raising agents to produce structure. • Research helps us understand food cultures (e.g., Greek, Mexican). • Creative presentation makes dishes attractive and appealing. • Accurate preparation leads to consistent, high-quality results. • Evaluation improves future cooking and learning. 	 <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><u>Disciplinary Knowledge</u></p> <p>Always follow hygiene and safety protocols.</p> <ul style="list-style-type: none"> • Apply basic and advanced cooking techniques with accuracy. • Execute recipes consistently and correctly. • Use sensory analysis to evaluate food effectively. • Apply Eatwell principles to cooking and meal design. • Reflect through self- and peer-assessment to improve. 	 <p>Health and Safety Kitchen Equipment Presentation Skills Basic Kitchen Techniques Sensory Analysis Knife Skills Bridge and Claw Fruit Salad Eatwell Guide Balanced Diet Advanced Cooking Skills Hob Safety Properties of Food Materials Bread Investigation Raising Agents Research Creative Presentation Greek Cuisine Mood Boards Final Practical Evaluation Recipe Execution Ingredient Handling Self-Assessment</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>	



<ul style="list-style-type: none"> • Research food properties and cultural cuisines. • Present food products and ideas creatively. • Organise time, tasks, and equipment effectively. • Collaborate with others to achieve shared outcomes. • Track progress through ongoing assessment. 		<p>Homework booklet with tasks every week</p>
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