

Year 9 Food Scheme of work.

Date	Learning Objective
Lesson 1	To describe and apply the principles of <i>The eatwell plate</i> and relate this to diet through life. To outline why dietary needs change throughout life stages
Lesson 2	To describe the main dietary requirements in each key life stage To investigate diet related health issues.
Lesson 3	To demonstrate the skills of preparing a range of vegetables, using the hob, controlling temperature, cooking with rice. To investigate what happens when rice and other grains are cooked
Lesson 4	To list and explain the dietary needs of children and young people. To investigate the relationship between physical activity and energy balance.
Lesson 5	To compare and evaluate different types of pasta (dried, and fresh) and pasta sauces (chilled, jar, long life). To calculate the cost of readymade and homemade pasta sauce.
Lesson 6	To prepare and cook a main meal dish based on pasta such as penne Florentine, or tagliatelle Bolognese. To plan and carry out a sensory evaluation of the dish.
Lesson 7	To identify the dietary needs for the population who have special dietary requirements (including food allergy To investigate product information that is available to the consumer. (Allergens, food intolerance, and religious/cultural needs).
Lesson 8	To investigate the information and guidance available to the consumer regarding food labelling, availability, traceability, food assurance schemes and animal welfare. To recognise and explain food standard schemes.
Lesson 9	To prepare and cook a main meal dish that is farm assured Cottage pie or vegetarian pie To demonstrate the skills of vegetable preparation and cooking, making a meat/alternative base, combining/layering ingredients, finishing, using the oven.
Lesson 10	To explain the characteristics of ingredients and how they are used in cooking. To plan and carry out practical tests to demonstrate the characteristics.
Lesson 11	To prepare and cook a dish that demonstrates shortening, such as savoury tart, mini quiche.

	To demonstrate the skills of rubbing in, rolling out, shaping, filling, use of the oven.
Lesson 12	. To explain the characteristics of aeration and thickening To plan two practical's to test the characteristic
Lesson 13	To prepare and cook a dish that demonstrates aeration such as, Dutch apple cake or tray bake To demonstrate the skills of creaming/all-in-one cake making, preparing baking tins, baking.
Lesson 14	To prepare and cook a dish that demonstrates thickening, such as moussaka or lasagna To demonstrate the skills of preparing a range of vegetables, making a meat/alternative base, all-in-one sauce, layering, use of the hob/oven.
Lesson 15	To investigate the factors to be considered when planning and preparing food to be sold at a festival. To investigate the health and safety requirements for selling food at a festival.
Lesson 16	To demonstrate the skills of vegetable preparation, preparing and cooking meat/chicken/alternative, using the hob, controlling temperature. To produce an information guide for the consumer to include a nutritional profile, allergen information, environmental information.
Lesson 17	To investigate chilled ready meals; ranges available, health and safety, manufacturing. To write a specification for the development of a chilled ready meal to meet specific criteria such as, a single portion, a reduced fat version or for a family of four.
Lesson 18	To research 'cook' kits available to purchase in a supermarket To investigate popular choices and reasons why To create a questionnaire and test the market or suitable dishes
Lesson 19	To prepare and cook a dish that could be sold as a 'cook kit' in a supermarket. Examples may include smoked haddock and sweet potato gratin, Goan fish curry with lemon pilau, paella, Vietnamese chicken with rice noodles. To create preparation, cooking and storage instructions, a product label and nutritional profile of the dish.